

redbook

REAL WOMEN, REAL STYLE TIPS

52

time-saving,
stress-busting
shortcuts

8 FRESH
DINNERS
DONE IN
MINUTES

Beauty
tricks for
super-busy
mornings

The no-gym,
sneak-it-in
workout plan

Great
ideas
for every
body &
budget

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THE PAGE
FOR MORE
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WOMEN!



LEARN HOW TO DRESS *YOUR BEST*

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From far left: Marija, Christine, Nikki, Psyche, Cassie, and Jeniese. Meet them all on page 63.





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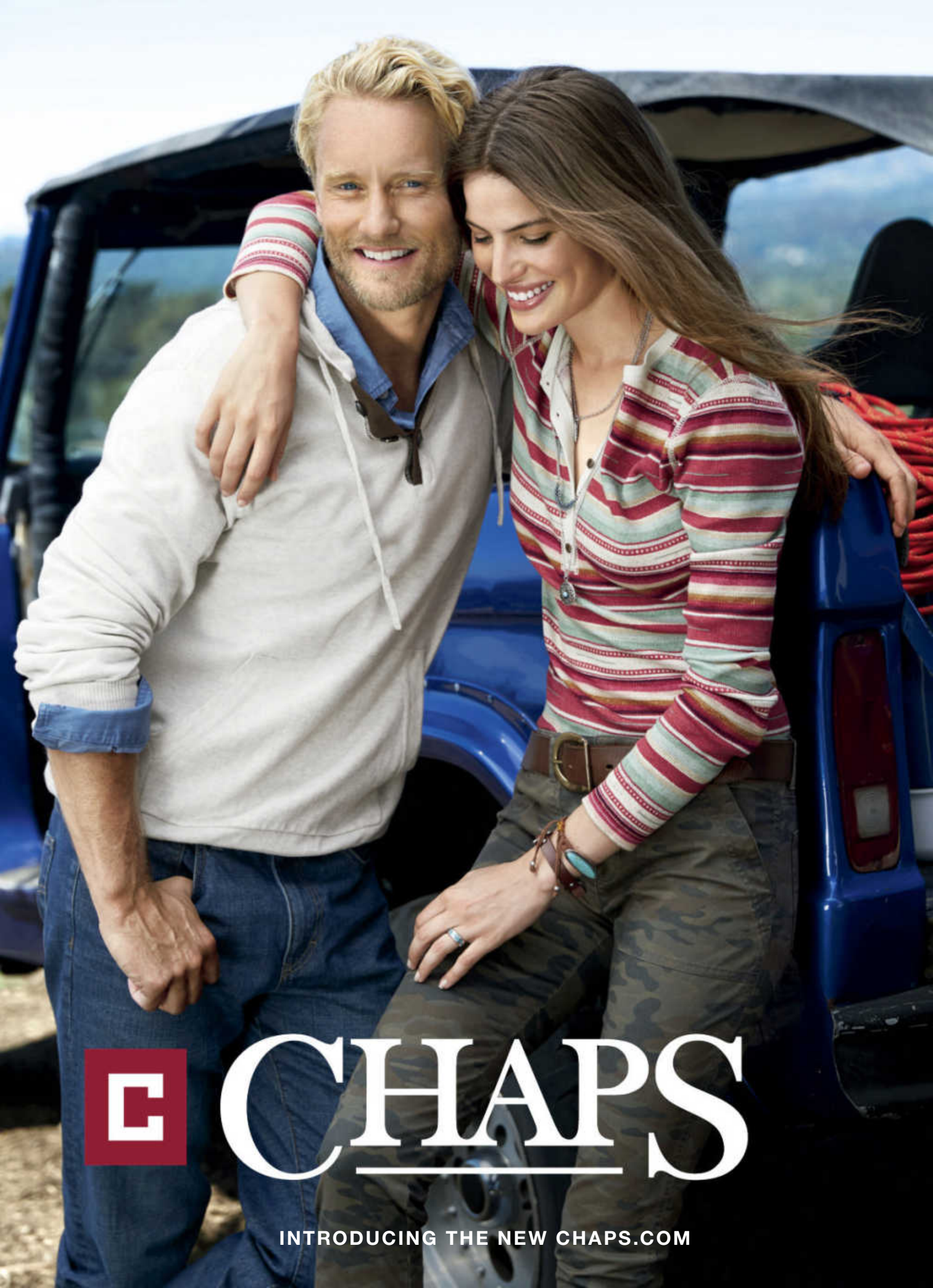
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Get an adorable bedroom. (Sexy man and cute kid not included.)

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On the cover

Our Real Women Style Award Winners photographed by Chris Craymer. Hair: Mark Townsend for Dove. Makeup: Munemi Imai. Manicure: Rachel Shim. See shopping guide, page 175, for clothing details.



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Keeping it *real* this September

THIS IS OUR SECOND YEAR of the Real Women Style Awards—those are the winners, right there on our cover!—and I am not exaggerating when I say it's my favorite story ever. I particularly love that we're running it in September, the month when fashion magazines feature the most trend-conscious of celebrities and fill their pages with looks from the designer runways. I spent most of my career at those magazines (*Harper's Bazaar*, *W*, the late and lamented *Lucky*), and I love them. But let's be honest: For the vast majority of us—with jobs and busy lives and budgets—those magazines are pure fantasy. So focusing *our* September issue on style that lives in the real world and reflects the gorgeous mix of American women has been pretty thrilling. The media spend a lot of time pretending to celebrate diversity, breathlessly sending up some self-congratulatory applause whenever a magazine puts a woman of color or someone who isn't a size 2 on a cover. It's a step in the right direction, but it's awfully small. There are women all over this country with amazing style, who throw together outfits they buy with their own money, and who dress to ingeniously flatter their bodies, whether they be petite or gorgeously full-figured. I, for one, learned a heck of a lot from the ladies on our pages—they know what they are doing! Plus, I think they're every bit as stunning as any actress or singer or model. They're not just beautiful because of the way they look, they're beautiful because they're confident. They're relatable. They embrace who they are, no apologies. And they deserve their space on the newsstand next to the Rihannas and Kim Kardashians of the world. For those of us who will never have a personal shopper or a glam squad, it's a satisfying moment. (A big shout-out to the wonderful folks at Dove, our partners for this project, who have been an inspiration.) Do I hope this issue sells gangbusters? Well, of course. But for me, the most gratifying thing is being able to give women like *you* a place to shine. Because good grief, shine you do.



MEET OUR REAL WOMEN STYLE AWARDS JUDGES!

These smart ladies (and gentleman) helped narrow down the 5,000 photographs submitted for the contest. Clockwise from top: REDBOOK contributor Brad Goreski is cohost of *Fashion Police* on E! network; Gabi Gregg blogs at gabifresh.com; Jill Martin is a fashion expert and contributor to the *Today* show; REDBOOK contributor Mally Roncal is a celebrity makeup artist; fashion expert Louise Roe is author of the style manual *Front Roe: How to Be the Leading Lady in Your Own Life*; Jodi Arnold is creative director of Eloquii.



Here I am with the ridiculously talented Jill Martin and Brad Goreski, who helped judge our Style Awards. Could they be any cuter?

Meredith

Meredith Rollins, Editor-in-Chief

✉ Redbooked@hearst.com
 @MCKRollins
 Meredithkrollins

MEREDITH'S TOP: J.CREW; SKIRT: RED VALENTINO; SHOES: FENDI; HEADSHOTS, CLOCKWISE FROM TOP LEFT: LEE CLOWER, SYLVIA GUNDE, COURTESY OF SUBJECT, PHIL BICKETT, COURTESY OF SUBJECTS (2).



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*Results based on consumer responses in a 4-week clinical study with makeup on, after 4 weeks of use. **Results based on consumer responses in a clinical study with makeup on, immediately after application.

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87 more ways to get organized and feel calm

September can be a lot, we know. So head to redbookmag.com for make-life-easier tricks, then nab some inspiration on our social media.

11 TIME-SAVING HACKS YOU CAN USE EVERY MORNING

Read 'em all, then decide what to do with that extra time. (May we suggest you take a minute and lie down?)



25 OF THE BEST BACK-TO-SCHOOL LUNCHES FOR KIDS

With these smart and healthy and fussy-eater-proof picks, you can consider “pack tomorrow’s lunch” officially checked off the to-do list.



51 OUTFIT FORMULAS THAT'LL GET YOU OUT THE DOOR PRONTO

Our savvy fashion team has made looking good easier than ever—and you’ll be amazed at how many of these you can pull out of your closet right *now*. Prepare for the compliments!



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pinterest.com/redbookmag:

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Q I love high heels, but I need comfort. Can you recommend a stylish pair that will give my feet a break?

—Gina Gabriele, Bellmore, NY

“I hear you! Finding a beautiful pair of heels you can actually wear all day is like hitting the fashion jackpot. Fortunately, brands like Cole Haan, Rockport, and Isola all do a lot with comfort technology. My advice is to invest in a timeless pointy-toe pump like this pair from Rockport.

The color feels fresh, while the classic silhouette will always be in style. And within that sleek design is Adidas shock absorption that will keep your feet so happy, you'll be moving around town like it's a soccer field.”

—Sarah Gerrish, market director



Pumps, Rockport, \$130; zappos.com.



Q Eyeshadow is a big part of my look, but I worry about overdoing it at the office. How can I define my eyes but look professional at the same time? —Marisa Hill Dunn, Baltimore

“Neutral shades are safe, but I love plums (for brown or blue eyes) or deep greens (for green or blue eyes) since they stand out *and* look polished. For a work-friendly look, trace a thin line of dark liner on your upper lash lines, then apply your plum or green shadow up to the crease. Finish with a dab of shimmery champagne shadow on the center of each lid to illuminate your eyes in a subtle way.”

—Mally Roncal, Team Red columnist



Mally Beauty Evercolor Shadow Stick in Plum, \$25, and Effortless Airbrush Nourishing Eyeshadow in Champagne, \$29; mallybeauty.com.



Q I'm looking for a great weekend read. Any suggestions?

—Allison Piwowarski, Schaumburg, IL

“Recommending the perfect book is like playing matchmaker: I need to know your likes, past loves, what you're yearning for. Here's one think-y and one light pick, both totally satisfying: Lauren Groff's *Fates and Furies* is a literary portrait of a long, “perfect” marriage from his POV, then hers. The shocking things she describes will have you flipping back furiously to what he said, wondering, *How did he miss that?* In Jules Moulin's debut, *Ally Hughes Has Sex Sometimes*, single mom Ally put motherhood before men—except for a single fling with a younger guy. Ten years later he's back on the scene, dating her now-adult daughter. It's a smart, witty, sexy rom-com in book form.”

—Tiffany Blackstone, deputy editor



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“I need a bag that fits books and work plus my son’s trains and lunch, since I drop him at preschool on my way to the office. I love how sturdy but not bulky this is. And the pattern. And the price!”

—SARAH SMITH

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To Brad Goreski, "it's trendy" is not reason enough to buy something new. His flattering picks for the season work just as hard—and last as long—as pricey investment pieces.

Brad Goreski is a cohost of *Fashion Police* on E! network and styles stars like Rashida Jones and Jenna Dewan Tatum.

YOUR SHOPPING STRATEGY EACH SEASON should be to pick a few pieces that suit your life and your body, and that mix well with your staples but are a notch more daring. Take the vest Krista has on here: It's as easy to wear as a cardigan, but it gives basics a feeling of specialness. The three other pieces on the next page will refresh your look without crushing your bank account.

“I'll see something cool like this vest on a woman and think, *That looks great.* I can't believe now I'm the one pulling it off!”

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TURN THE PAGE for three more looks. >

“If you’re tempted by a trendy accessory, the safest bet is to go for black. You can wear it every day, and it’ll still add lots of interest.” —BRAD



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CULOTTES

Ones that hit just past your knee look best. And tuck in your top to maximize their waist-defining magic.

Culottes, \$24.95; hm.com. Sizes 14 to 24. Scarf, \$16.94; oldnavy.com. Sweater, \$45; rdstyle.com. Bag, \$42.99; amclubwear.com (45% off with code REDBOOKAMI45). Heels, Indigo Rd., \$59; macys.com.

WIDE-LEG TROUSERS

Your legs will look super-long and lean in a high-waisted pair that almost cover your shoe.

Pants, \$59.95; lanebryant.com. Sizes 14/16 to 26/28. Hat, \$39.95; lanebryant.com. Turtleneck, \$90; 525america.com. Blazer, Merona, \$34.99; target.com. Bag, \$46.99; shopprimadonna.com (20% off with code REDBOOK20). Heels, Metaphor, \$44.99; sears.com.

CELEBRATING
30
JACLYN
SMITH



K / FASHION

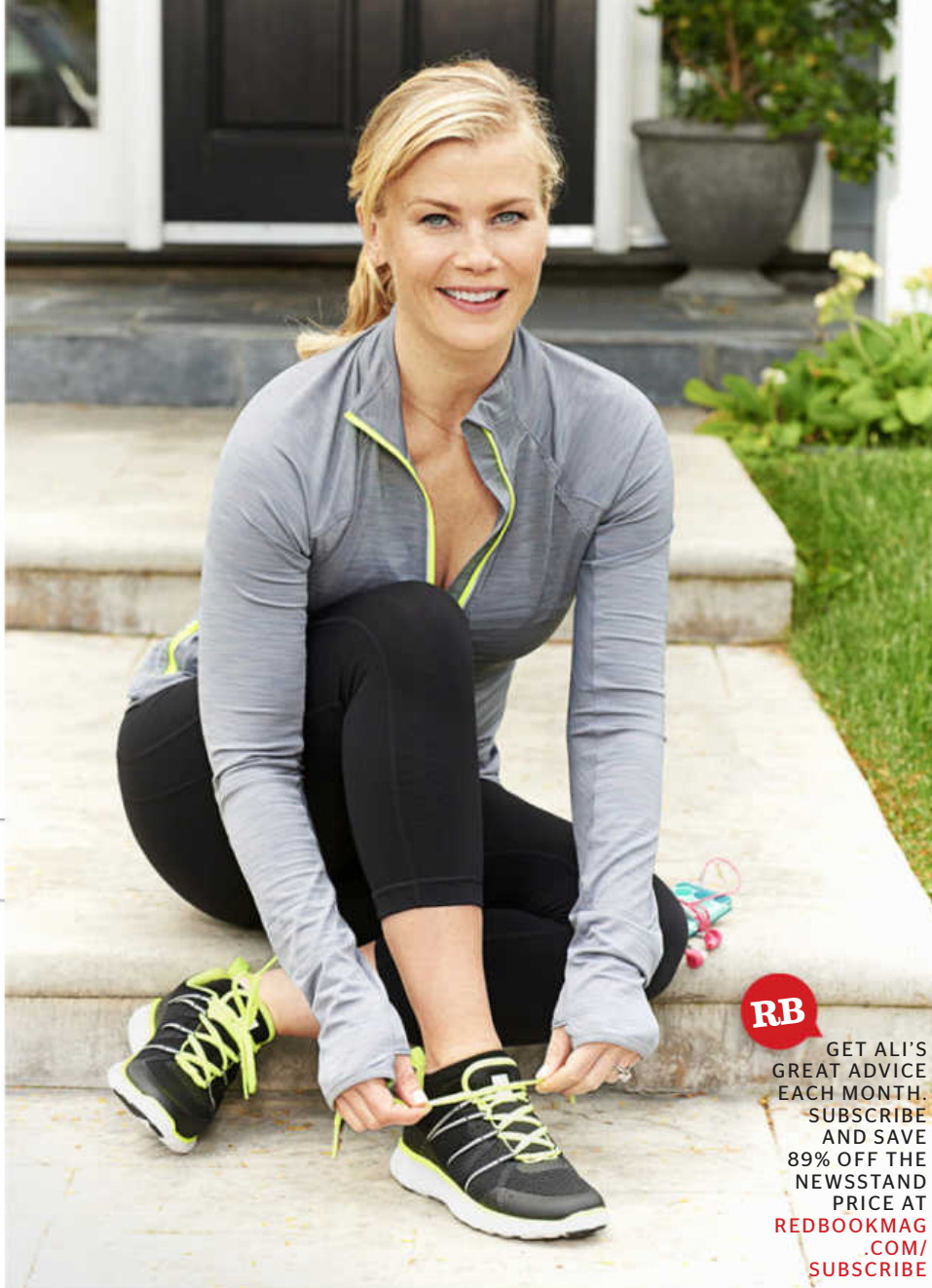
CELEBRATING 30 YEARS OF STYLE WITH JACLYN SMITH. JACLYN AND HER DAUGHTER, SPENCER MARGARET, WEAR THE CLASSIC TRENCH FROM JACLYN'S SIGNATURE COLLECTION AVAILABLE EXCLUSIVELY AT KMART.

Get more out of your workout

It's not just about what you do at the gym—what you wear matters too. Take this advice from Alison Sweeney and start looking better in every way.

Fitness maven Alison Sweeney is the star and executive producer of Hallmark's *Love on the Air* (premiering September 19).

LET'S BE HONEST: You have very little time for the gym, which means every second has to count. This may sound crazy, but your clothing can make a huge difference. After all, you can't afford to waste four minutes of a 45-minute class fussing with your outfit. These are the style rules that net *me* the best results.



RB

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UPGRADE YOUR UNDIES

There's nothing like being on a run when, *Ouch, my boobs!* Hit an athletic store and don't leave until you're sure you've got the perfect amount of support and comfort. (How does your chest feel when you move? Can you breathe?) Go ahead and pick up some athletic underwear, too. I like styles made from moisture-wicking fabric—they ward off infection-causing bacteria and nix that icky feeling that makes you want to skip the elliptical and head straight for the showers.

WEAR CLOTHES THAT REALLY, REALLY FIT

I used to slog to the gym in baggy tees and sweatshirts. It was like armor—a way to hide the body I wasn't proud of. Then a trainer grabbed my T-shirt while I was doing pushups and pulled it tight against my stomach: "I can't see what you're doing," he said. Wearing fitted clothes isn't about showing off; it's about being more efficient with your workouts. You can keep a better eye on your movements, which makes you less prone to injury.

KEEP YOUR HAIR OUT OF YOUR FACE

Even your ponytail can derail your workout. When I first started at the gym, messing with my hair became sort of a tic. "If you need a break, take a break," a trainer once told me, "but don't say you're just fixing your hair when what you're really doing is catching your breath." (Oof.) Now I twist my hair into a tight bun and secure any flyaways with a headband. I have enough excuses not to push myself hard—my hair can't be one of them.

BUY SOME GOOD KICKS

It seems stupid-expensive to purchase shoes you'll only wear to the gym, but there's a reason there are a million styles out there. For cross-training, I like a thin-soled shoe that helps me feel more grounded. When I'm running, I want extra cushioning to protect my knees and shins. Ask a store clerk to help you find the pair that's right for you. They'll be motivation too: I can change clothes and still never leave the house, but lacing up the shoes I *only* wear when I work out? It's on.

HAIR: DAVID KEOUGH AT CELESTINE AGENCY; MAKEUP: CORINA DURAN FOR EXCLUSIVE ARTISTS MGMT USING DIOR. MANICURE: MARIEL PIZARRO. STYLIST: NICOLAS BRU AT THEONLY.AGENCY. PROP STYLIST: NANCY BENNETT.

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NEW YORK



Gorgeous curtains in a flash

Get a custom designer look at a fraction of the cost with these insanely easy D.I.Y.s from Emily Henderson. All you need are plain white curtains (these were \$24.99 at Target) and a lazy Saturday afternoon.

Emily Henderson is a stylist, decorator, HGTV *Design Star*, mom, and D.I.Y. guru.



A STYLISH STENCIL



Choose the look you want. First, pick out the curtains. I love how the ones here let in sunshine but are still private. Then, stencils: I got

both a Moroccan lace and a Victorian border (\$55.95 and \$12.95; royaldesignstudio.com). But if you find a single stencil that you love, just use that. One is easier!



Begin painting. Secure the stencil with tape so it doesn't slip while you're working. You'll also need a small roller and fabric paint—it's all available at

Michaels. My advice on applying the paint? Less is more. Don't go too heavy or it could bleed through the lines of the stencil. *Lightly* roll it on—you can always add more.



A BIT OF BOHO TRIM



Get some fringe. I'm so into pompoms right now—they're playful but look super-sophisticated when you pile them on. (I did eight rows here.) I also

love the contrast of bright red (\$3.99 for 3 yards; joann.com) against the white. These would look adorable in a child's room—even my son, Charlie, who "helped," thought so!



Glue it on. I cut strips of fringe the same width as the curtain. Then, starting from the bottom edge, I worked in three-inch sections, squeezing a bit of glue,

attaching the fringe, then more glue, and more fringe. Space out the strips depending on how dense you want them to look. I like that this seems as if it's one big piece of trim.



SWEET & PREPPY RIBBON



Start measuring. This is such a polished look, and beyond simple to execute. Cut four strips of two-inch grosgrain ribbon (\$3.99 for 9 feet; joann

.com) so they're slightly longer than the width of the curtain. Measure 12 inches from the bottom of the curtain on both sides and mark the spots with a pencil.



Space them out. Using the marks as a guide, apply a line of fabric glue across the curtain and press the ribbon onto it. Fold the excess over the

edge and glue it to create a seam. Measure six inches up and repeat with the other ribbons. It's important to be accurate—you want the opposite panel to mirror this one.

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**A survey of 241 Redbook opt-in subscribers age 18-49 who typically use a mass-brand foundation 5+ days a week and tried a free sample of Maybelline® Superstay Better Skin™ Foundation over a 3-week period.

Take control of your cash flow

Want to spend smartly and feel richer? Finance pro Nicole Lapin says all you need is an LBD—a little budget diary, that is.

Nicole Lapin is a former CNBC and CNN anchor and the author of *Rich Bitch: A Simple 12-Step Plan for Getting Your Financial Life Together... Finally.*

A WHOPPING 68 PERCENT OF U.S. HOUSEHOLDS don't have a monthly budget, so I'm guessing that might include you. I know: Budgeting sounds like the least fun exercise ever, but it's super-important. Making a plan for how you'll deploy your money helps you create the life you want—cute shoes, vacations, and all. In fact, research shows that people who actively budget tend to make better money decisions in general. So if you hate the word *budget*, fine. Do what I do and call it your LBD—your little budget diary. Trust me, *this* LBD is way more crucial than the one hanging in your closet.

Create your LBD

Here's the quick-and-dirty way to make one: Add up all your earned income from jobs, investments, and anything else. That's your total monthly income. Now write down all your monthly expenses, broken up into these subcategories:

1 Essentials: All those crucial living expenses, such as your mortgage or rent, utilities, insurance, food, and other literal *needs* (soap!). Also set aside 5 percent for an emergency fund here. You know, just in case your car dies.

2 Endgame: Those future things you are (or want to start) putting money aside for now—your retirement, house repairs, or college money for your kids. Aim to contribute 15 percent of your overall budget here.

3 Extras: Your entertainment, beauty, vacation, and restaurant spending, etc. Just make sure the total stays *under* 15 percent of your budget. (Never budgeted before? Go to nicolelapin.com/help-is-here for step-by-step instructions.)

How to work it

Got it all down? Bravo! Now ask yourself: Is your LBD telling you the truth? We've all fibbed to ourselves about money at some point, especially when we want more cash for those extras. So add up all your monthly expenses again. The sum *has* to be less than your total income. If it's greater, you're overspending, so go back

and trim the fat from your Extras, my friend. Even if the sum is less, look again. Did you remember your gym fee? Birthday gifts? Here's another way to keep your LBD honest for the first two months or so: Go to the ATM at the start of each month and take out the exact amount you budgeted for your Extras. I won't tell you how to spend it, but when you run out, show's over until next month. This trick helps ensure that you don't go over budget; plus, studies indicate that cash in-hand is harder to part with, so you may even have some "fun money" left over when the month ends.

The payoff

The idea of making a custom-tailored LBD is *not* to be restricted but to be more comfortable moving money around and making it work for you. Here's the thing: If you've made an accurate budget and you've covered the Essentials and the Endgame, you have the right to put whatever you want in your Extras column. It's *your* money. Think of yourself as the CFO of your own little company. Do you want to have cupcake Fridays for coworkers? Great! Just make room for it in the Extras column. If you want to spend 75 percent of your Extras money on a trip to Disney World, good for you! Just factor it in first. Because when you decide ahead of time where your money is going, and you can afford it, buyer's remorse vanishes and you can feel great about your spending. (Plus, you budgeted for the unexpected, so you won't feel bled dry by a last-minute emergency.) And just like your sartorial tastes, your LBD will (and should) change over time. So make small adjustments as you go, and I know you'll start living richly.

BRECHT VANTHOF

“When you decide where your money is going, you'll feel great about your spending.”

—NICOLE





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Adriana is wearing New Color Sensational® The Creamy Mattes in All Fired Up. ©2015 Maybelline LLC.

NEW YORK

Best. Pasta. Ever.

Here's how to take advantage of those extra tomatoes on your windowsill: Stuff them with lots of bacon-y bread crumbs, bake them, and serve them over a tangle of noodles. Bless sweet Carla Hall for coming up with this truly showstopping recipe.

Carla is cohost of *The Chew* and author of *Carla's Comfort Foods: Favorite Dishes From Around the World*. >



THIS DISH IS AN ESPECIALLY GREAT WAY to make use of overripe or bruised tomatoes—imperfections don't matter at all when you're baking them. Once the tomatoes are out of the oven, you could crush them all and toss them into the pasta, but it's so much more fun to let each person do it herself!

TOMATO-CRUSH PASTA

Active: 15 minutes

Total: 40 minutes

- 4 oz thick-cut bacon, cut into ½-in. pieces
- 1 small onion, diced (about ½ cup)
- 2 cloves garlic, diced
- 1 cup panko bread crumbs
- ½ tsp crushed red pepper flakes

- 1 cup Pecorino Romano cheese, plus more for garnish
- ¼ cup chopped basil leaves, plus more for garnish
- Kosher salt and pepper
- 4 large tomatoes, cored, seeds scooped out with your fingers
- 1 Tbsp extra-virgin olive oil
- 12 oz linguine
- 1 Tbsp unsalted butter

1. Heat oven to 400°F.
2. Heat a large ovenproof skillet over medium heat. Cook the bacon until the fat has rendered and the bacon is crispy, about 5 minutes. Using a slotted spoon, remove the bacon to a medium bowl. Add the onion and garlic to the pan and cook until translucent, 3 to 5 minutes. Scrape the onion, garlic, and any drippings into the bowl with the bacon. Add the panko, red pepper, cheese, and basil. Season with salt

and pepper. Wipe out the skillet with a paper towel.

3. Place the cored tomatoes in the skillet, drizzle with the olive oil, and season with salt and pepper. Stuff the tomatoes with the bacon filling. (If you have extra filling, that's okay—save it to top the pasta later.)

4. Place the tomatoes in the oven and roast for 25 minutes, or until the stuffing is browned and the tomatoes are tender. Remove from oven and let cool slightly.

5. Meanwhile, cook the pasta according to package directions. Drain, return to the empty pot, and toss with the butter, salt, and pepper. Divide the pasta among 4 plates, and top each with a tomato. Garnish each with any extra bacon filling, cheese, and basil, and serve.

Makes 4 servings. Per serving: 757 cal, 24 g fat (11 g sat fat), 30 g protein, 107 g carb, 9 g fiber.





pb & yay!

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everybody's favorite
target.com/recipes



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Do *this* for beautiful brows

"When your eyebrows have a nice shape, it lifts everything," says Mally Roncal. "Your face looks slimmer, your eyes seem bigger"—and there's nothing hard about it.

◀ Makeup artist Mally Roncal works with stars like Beyoncé and Jennifer Lopez and is the founder of Mally Beauty cosmetics.

FULL BROWS ALWAYS have a youthful vibe, but everyone's need a *little* grooming to bring out their features. A lot of women are scared to tweeze, though—they worry they'll overdo it and end up looking like Cruella de Vil—but the secret is to just clean up around your natural arch, not try to change it. I showed Noelle, who you see here, my foolproof method for finding your best shape. Because once you get that down, you'll notice that you look more polished overall—even when you don't have a stitch of makeup on.

“Defining my brows was a cinch—now I look wide-eyed and awake!”

—OUR MODEL-FOR-THE-DAY,
PERSONAL TRAINER
NOELLE MCKENZIE, 29



Start BY MAPPING OUT YOUR SHAPE. Hold a skinny brush as shown above; use concealer to mark where the side facing your nose meets your brow. Shift the brush so the same side lines up with the outer edge of your iris; mark where it hits your brow.



ENHANCE YOUR ARCH. The mark near your nose shows where your brow should start. The one past your iris is where your natural arch should begin; paint concealer from there along the brow bone to the end of your brows to get your ideal curve.



TWEEZE WITHIN THE LINES. Using sharp, angled tweezers, pluck only the hairs that fall in and below the arch lines, and in between your brows. Pull your skin taut as you go to reduce pain. *Never* tweeze the tops of your brows, which can mess up the shape!



FILL IN AND HIGHLIGHT. When finished, wipe off the marks and examine your work. Fill in any sparse spots with a brow pencil that's one shade lighter than the hairs (for blonde brows, go a shade darker). Dab concealer under your brow bones to brighten.

STUDIO D. HAIR: MIA SANTIAGO FROM SHARON DORRAN AT SALLY HERSHBERGER. MAKEUP: MASAKO KIZUKI FOR MALLY BEAUTY. MANICURE: RACHEL SHIM AT ABTP.COM. STYLIST: KATE POWELL. RONCAL: PHIL BICKETT.

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red

BEAUTY



Pick a cherry (lipstick!)

Or a plum, or a berry—they're in season (pardon the pun), and we've rounded up the ones that'll flatter *you*. Each is rich and gorgeous right out of the tube, or if you want a softer, sweeter effect, just finger-pat it on.

(From top) **For fair skin:** Chanel Rouge Coco Shine Hydrating Sheer Lipshine in Téméraire, \$36. **For dark skin:** Clinique Pop Lip Colour + Primer in Cola Pop, \$18. **Nice and sheer on everyone:** CoverGirl Outlast Longwear Lipstick in #950 Plum Fury, \$8.99. **For olive skin:** L'Oréal Paris Colour Riche Collection Pure Reds Lipcolour in Zoe's Red, \$8.99.

STUDIO D. STYLIST: BETIM BALAMAN AT APOSTROPHE.

BEAUTY
under
\$25

These skin, hair, and makeup finds prove you don't need to spend big to look like a million bucks.

16

15

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win it!

TOCCA Simone

EAU DU CLOITRE

OLAY active botanicals

MAYBELLINE COLORBLUSH

COVERGIRL outlast stay luminous

SEPHORA

STUDIO D, SEPHORA SMEAR;
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OLAY: COURTESY OF MANUFACTURER.

Judging by these pretty products,



5



7



10



9

6



1 This sheer gel brings happy, healthy color to your cheeks that lasts for hours. Sephora Collection Colorful Cheek Ink Gel in Water Lily, \$14.

2 Everything lips need—shea butter, vitamin E—to be kissable. (Just add a person to kiss.) Lipstick Queen Belle Époque Lip Balm in Belle Nude, \$20.

3 This hot pink lip crayon goes on bold but can be softened to a stain with the built-in smudger. Maybelline New York Color Blur Matte Pencil by Lip Studio in Fast & Fuchsia, \$8.99.

4 Reflective pigments in this medium-coverage foundation help skin look naturally glowy. CoverGirl Outlast Stay Luminous Foundation, \$12.79.

5 Buyer's remorse? Ha! You'll wear every single one of these low-key, luminous shadows. Nyx Cosmetics The Suede Shadow Palette, \$12.

6 With passion fruit, jojoba, and sunflower seed oils, this berry-tinted balm creates seriously juicy lips. BareMinerals Pop of Passion Lip Oil-Balm in Plumberry Pop, \$16.

7 A coat of plum mascara on top lashes looks so fresh for autumn. Clinique Chubby Lash Mascara in Bodacious Black Honey, \$17.

8 Spritz this lightweight conditioning mist on damp hair whenever it needs extra nourishment. L'Oréal Paris Advanced Haircare Power Moisture 10 Second Hydra-Detangler, \$6.99.

9 Your savior on rushed mornings: a swipe-on concealer that won't settle into lines. Laura Geller Easy Cover Up Hydrating Concealer Crayon, \$22.

10 A darling gift for anyone who adores crisp, citrusy soaps. Like, for instance, you! Illume Triple Milled Bar Soap in Grapefruit Oleander, \$11.25.

11 This ultra-light fluid is absorbed instantly, then keeps skin supple all day long. Olay Active Botanicals Moisturizing Day Lotion, \$14.99.

12 Rich, red wine nails say "Cheers!" to sweater weather. Essie nail polish in In the Lobby, \$8.50.

13 Rub on this lotion and come out smelling just like a rose. Le Couvent des Minimes Fresh Moisturizing Body Gel-Cream in Rose & Berries, \$18.

14 The cutest li'l brush ever. 25 readers will win a Goody Stylista Vintage Floral Purse Brush, \$4.99; see page 175 for details.

15 Throw this in your bag: The sunny fruit-and-freesia scent will immediately perk you up. Tocca Rollerball eau de parfum in Simone, \$22.

16 Three lovely ways to add a foxy gleam to your lids. Mary Kay At Play Baked Eye Trio in Neapolitan, \$13.

you're in for a truly gorgeous fall.



My advice? Look on the bright side.

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Do more in the shower

These five new body lotions are formulated to go on wet skin and work their magic before you towel off. We put them to the test, and they really impressed us.

BY MARISSA OLIVA

SOOTHES ITCHING:

Aveeno Skin Relief Shower & Bath Oil, \$8.99

"My legs get so itchy I practically scratch them raw, but using this wash-off oil for several days made all that stop. And my skin felt supple, not slimy."

—Victoria Kirby, beauty director

FOR SERIOUSLY RUSHED MORNINGS:

Jergens Wet Skin Moisturizer, \$7

"I slathered this on when I was dripping wet as directed, then hopped out of the shower. The lotion sank right in, and my skin stayed soft all day."

—Karen Snyder Duke, health editor

DEEPLY NOURISHING:

Nivea In-Shower Smoothing Body Lotion for Dry Skin, \$7.99

"The cream is thick, but once I washed it off, I wasn't at all greasy. My scaly elbows and knees were better almost immediately."

—Ann Wang, fashion assistant

win it!

FOR SUBTLE BRONZING:

St. Tropez Gradual Tan In Shower Lotion, \$25 (15 readers will win one; see page 175 for details.)

"I applied this tanner for a few days in a row. Each time I had to wait three minutes before rinsing, but it left my skin smooth, with the most natural, streak-free color."

—Rebecca Kimmons, senior photo editor

LIGHT YET HYDRATING:

Olay Ultra Moisture In-Shower Body Lotion, \$7.99

"The formula was nice and silky going on, and after I rinsed, so was my skin. Within a week, my dry patches had cleared up."

—Marla Horenbein, assistant fashion editor



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The key is to clean it. Believe this: These tips will keep your tools in prime shape for months—even years—and only take a minute or two to do. BY KAYLEIGH DONAHUE HODES



Makeup sponges

"Blend a drop of shampoo with water in your palm, then squeeze the lather through the sponge. Rinse several times, then lay it on a tissue to dry," says makeup artist Troy Surratt. "If you do this weekly, a reusable sponge should last several months." When it starts to pill, replace it.

(From top) UBU Blender Baby foundation sponge, \$7.99. Beautyblender cosmetic sponge, \$19.95.



Curling and flat irons

If you notice residue on the rod or plates—especially at the edges—dab rubbing alcohol or Sea Breeze on a dry washcloth, then rub over it while the iron is unplugged but still slightly warm. Only do this when you see buildup, though, as overcleaning can wear down an iron's surface.

Conair 1-inch Ceramic Straightener, \$29.99.



Brushes and combs

Whenever the bristles and base start to get gunked up, grab an unused scrubbing brush (yep, the kind made for dishes) and "using it either dry or dampened with soap and water, carefully scrub the areas until you've removed all the debris," says hairstylist Juan Carlos Maciques.

Harry Josh Pro Tools Pro Detangling Brush, \$20.

Nail tools

To help prevent skin infections from cuticle nippers, metal pushers, and nail clippers, "take 10 seconds to wipe them down after each use," says manicurist Deborah Lippmann. Soak a cotton ball in acetone or rubbing alcohol, then swipe over the part that does the dirty work.

Tweezerman Ultra Precision Cuticle Nipper, \$35.



Facial cleansing brush

Once a week (or once a month if you're only an occasional user), wet the brush, add a pump of face wash, turn on the device, and gently massage the bristles into your palm for a minute; rinse thoroughly. Next, take off the brush head and wipe down the handle's cavity, then dip a Q-tip in rubbing alcohol and swipe in between the bristles. And *always* replace the head according to the device's directions.

Clarisonic Mia 2 in Lavender, \$149.



Makeup brushes

A monthly cleaning can keep your brushes in good condition for years. Squirt a dollop of baby shampoo on a plate, add water, then swirl the brush in the mix. "Wipe it back and forth along the back of your hand into a lather, then wash with tepid water until you don't see suds," says Surratt. Reshape the bristles, then lay the brush on a towel overnight to dry.

Blush brush from Sonia Kashuk Color Crazed 10-piece brush set, \$36.99.



STUDIO D. FLAT IRON: COURTESY OF MANUFACTURER.

SEE SHOPPING GUIDE, LAST PAGES, FOR DETAILS.

MAKEUP SHORTCUTS

for hectic mornings

Maybelline
New York
Lash
Sensational
Mascara,
\$8.99.

Stila Convertible
Color in Petunia,
\$25. (25 readers
will win it; see page
175 for details.)

win
it!

Benefit
Cosmetics
Creaseless
Cream
Eyeshadow in
R.S.V.P., \$20.

Physicians
Formula Nude
Wear Touch of
Glow, \$12.95.

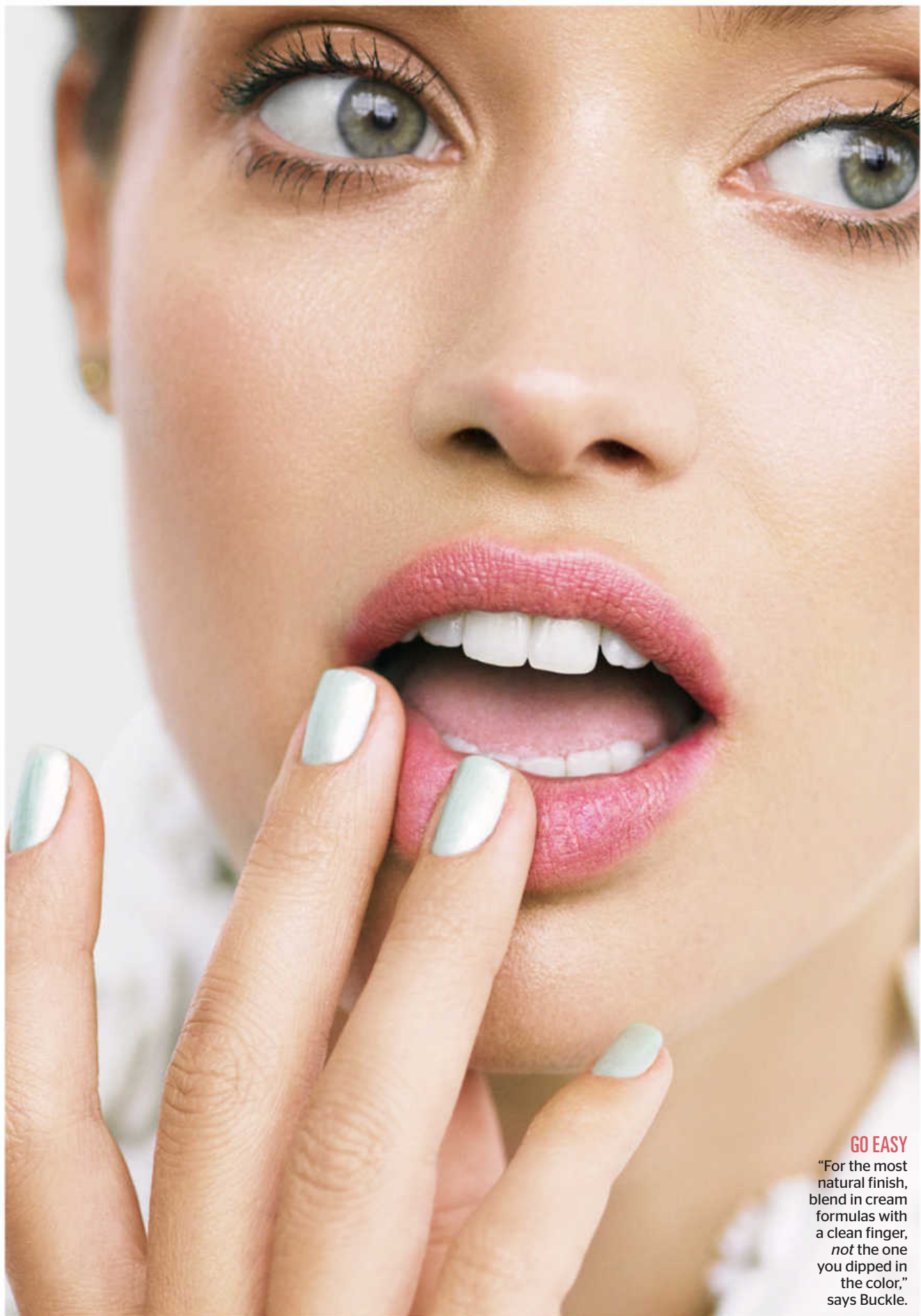
we had experts give us the rundown on their fastest tricks, which'll get you all done up—and *done*—in minutes.

BY KAYLEIGH DONAHUE HODES

IF YOU HAVE *2 minutes...*

Zero in on your lashes. "When they're defined, it wakes up your eyes and draws the focus there so you can get away with little else on your face," says Monika Blunder, who is Jessica Alba's makeup artist. It's a breeze to do: Just curl your lashes, then apply a few coats of mascara. "When finished, hold the mascara wand vertically and skim it along your bottom lashes too, which helps eyes look more open," says Blunder. From there, creamy makeup formulas you can swipe on without a brush will get you glowing and out the door speedily. First, dab concealer on under-eye circles and red areas, like around your nose and the

corners of your mouth, "which instantly brightens your entire complexion," Blunder says. (A click-pen concealer is ideal for this, since it can get into all the little creases and grooves.) Next, pat a slightly shimmery cream shadow that's close to your skin tone on your lids, then grab a cream blush in a warm, rosy shade (for very dark skin, try rich coral instead). "Tap the color on the apples of your cheeks and blend it up along your cheekbones, then add what's left on your finger to your lips to tie it all together," says makeup artist Kristofer Buckle, who works with Jessica Chastain. And off you go!



GO EASY

"For the most natural finish, blend in cream formulas with a clean finger, *not* the one you dipped in the color," says Buckle.

IF YOU HAVE *4 minutes...*

Reach for a vibrant red lipstick. Like your best pair of black heels, it goes with everything and instantly dresses up your look. Finding one that flatters you is quite simple. "You can't go wrong with a slightly orangey red like bright tomato," says Blunder. "The shade looks gorgeous on nearly every skin tone." For a crisp, classic finish like the one at left, "use a stiff lip brush to paint on the color," she says. (For a softer, more lived-in feel, tap on the shade with your finger.) Next, apply concealer wherever you see discoloration or redness on your skin. "It's easier to do this *after* you've put on the lipstick, because you'll often find that you don't need as much concealer as you think," says Buckle. Then, add a little easygoing eye makeup to balance out the strong mouth, in the form of black mascara and a champagne cream shadow at the inner corners of your eyes. Brush your brows with a tinted gel to subtly enhance them, and for the final touch, dust a natural pink blush on your cheeks, "which delivers just enough color without looking obvious," says Buckle.

LINE AND DEFINE

For a little extra emphasis on your eyes, trace a super-thin line of black pencil along your top lashes.

Neutrogena
Healthy Skin
Blush in
Vibrant, \$8.99.

NYC New York
Color Cityproof
24 Hour
Waterproof
Eyeshadow
in Murray Hill
Champagne,
\$2.99.

Lancôme
Color Design
Sensational
Effects Lipcolor
in Red Stiletto,
\$22.50.

Clinique Just
Browsing
Brush-On Styling
Mousse, \$16.

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Micro-Sculpting Cream, formulated with **Hyaluronic Acid, Amino-Peptides** and **Vitamin B3**, hydrates to lift, plump and firm your skin.

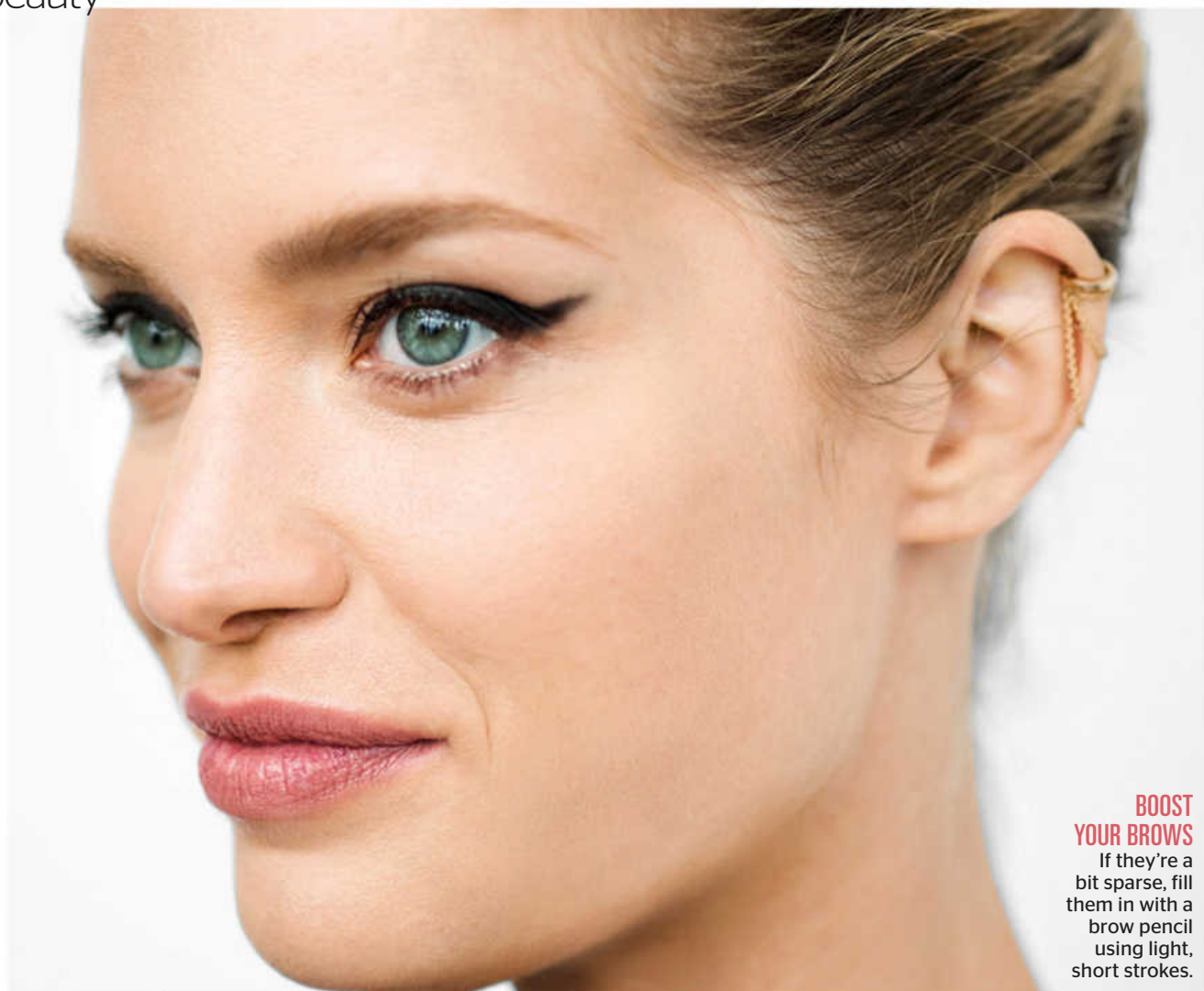


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The #1 Anti-Aging Facial Moisturizer*

*52 week unit sales through week ending 5/30/15 US xAOC


OLAY
REGENERIST



**BOOST
YOUR BROWS**
If they're a bit sparse, fill them in with a brow pencil using light, short strokes.



Sephora Collection Radiant Luminizing Drops in Morning Light, \$18.

L'Oréal Paris Colour Riche Le Matte Lip Pen in She's So Matte, \$9.99.

Smashbox Camera Ready BB Cream, \$39.

CoverGirl Intensify Me! Liquid Eyeliner by LashBlast in Intense Black, \$8.99. (25 readers will win it; see page 175 for details.)

IF YOU HAVE *6 minutes...*

Yes, you *can* do Audrey Hepburn eyes in the flick of a wrist—and we mean that literally. First, smooth a drop of BB cream all over your skin to even out your complexion. "It's sheerer than foundation so it's easier to blend, plus it has SPF and it's hydrating, so it's less likely to settle into any lines," says Buckle. Then, follow his foolproof method to create a lovely winged look: Use a pen liquid liner (it's steadier than one that comes with a separate brush) to draw along your top lash line, starting from the innermost lash and making the line a bit thicker as you go; stop at the outer corner. If you mess up, dab a Q-tip in eye

makeup remover and dab—to remove any squiggles. Once that's done, create an uptick by looking at your *lower* lash line and pretending you're extending it up, following the curve of your bottom lid and winging the liner about a centimeter past your eye's outer corner. Then work a medium-brown shadow (for dark skin, use deep brown) into the crease of your lids and add black mascara. Finish with a few radiant touches, namely a champagne highlighter on the tops of your cheeks and a neutral rosy lipcolor that's one to two shades darker than your own lips. So glamorous with so much time to spare.

Nail the look with
Mintage, Boho a-Go-Go and Fish-teal Braid

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ManiMatch™ app to virtually
try on any shade live



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2X
VOLUME
TOP COAT



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NEW MIRACLE GEL™
BOHO CHIC COLLECTION

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Sally Hansen®

Rhapsody Red

Tipsy Gypsy

Boho a-Go-Go

Beatnik

Mintage

Fish-teal Braid

Miss Wanderlust

Thicker hair, right this way

One more reason to love scientists: They've figured out how to give us all better, fuller, healthier hair. These are the tried-and-tested treatments that really work. BY GINA WAY

A WORD OF WARNING as the seasons shift: Fall may be hazardous to your hair. That's because this is the time of year when we shed the most strands, according to a Swedish study that examined 800 healthy women's hair patterns over six years. Though researchers aren't sure why this is, they think it's evolutionary: Our body holds onto hair in the summer to protect our scalp against the strong sun, then sheds it once shorter days set in. So if lately you've been experiencing frantic hairbrush inspections and overly clogged shower drains, you're not alone. While it's normal to lose up to 100 strands a day (yes, that many), to keep that number in check, "try not to make any drastic changes to your diet or start new medications—unless you have to for health reasons—in autumn, since these actions can exacerbate shedding," says dermatologist Francesca Fusco, M.D., an assistant clinical professor of dermatology at Mount Sinai Hospital in New York City. Then, use these strategies to strengthen and thicken what you've got.

The problem: **Hair thinning**

Almost all of us will notice that our hair becomes finer over the years. "Usually between the ages of 40 and 50, your hair follicles begin to shrink," explains dermatologist Paradi Mirmirani, M.D., of the Permanente Medical Group in Vallejo, CA,

who specializes in hair disorders. That means each individual strand grows in skinnier and more fragile, adding up to a skimpier look overall.

The solutions:

The newest products aim to bulk up thinning hair with the same anti-agers that help plump your skin, such as peptides and retinol. "Traditional volumizers coat the hair with resins or polymers to make it fuller until you wash them out. But some of the new treatments have ingredients that can penetrate follicles and help make the hair that's growing in permanently thicker and healthier. They also contain strengthening agents, such as proteins, that can make the existing, weaker hair less prone to breakage," says cosmetic chemist Joseph Cincotta, Ph.D. Buzzed-about skin-care ingredients that may help hair include saw palmetto extract, shown in one study to improve hair density; adenosine and procyanidin-B₂, which have been clinically proven to help promote growth; and niacinamide. "There's data showing that niacinamide, which we know increases protein production in skin, may do the same for hair so it becomes healthier," says Alan J. Bauman, M.D., a hair transplant surgeon and founder of the Bauman Medical Group hair-loss clinic in Boca Raton, FL.

The problem: **Hair loss**

Female pattern hair loss, which is less common, also happens as your follicles get smaller—but in this case, it's more dramatic. Warning signs include noticing that your part looks wider or seeing more of your scalp peeking

To boost volume, blow-dry with a round brush while pulling hair straight up toward the ceiling.



A woman with voluminous cheeks is smiling and holding a green apple. Several other green apples are floating in the air around her.

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A MORE YOUTHFUL PROFILE STARTS WITH
THE APPLES OF YOUR CHEEKS.



Juvéderm
VOLUMA® XC

JUVÉDERM VOLUMA® XC is the first and only FDA-approved injectable gel specifically designed to add volume to the cheek area. As we age, it's not just about lines and wrinkles. The face can also lose volume and sag. JUVÉDERM VOLUMA® XC instantly adds volume, creating contour and lift. It's the non-surgical filler doctors use to help restore a more youthful profile for up to **two years** with optimal treatment.

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JUVEDERM.COM



Actual patient. Results may vary.

APPROVED USE

JUVÉDERM VOLUMA® XC injectable gel is for deep injection in the cheek area to correct age-related volume loss in adults over the age of 21.

IMPORTANT SAFETY INFORMATION

You should not use JUVÉDERM VOLUMA® XC if you have a history of severe allergies/allergic reactions, or if you are allergic to lidocaine or hyaluronic acid. The safety of JUVÉDERM VOLUMA® XC injectable gel for use during pregnancy or while breastfeeding has not been studied. The safety in people with a history of excessive scarring or pigmentation disorders has not been studied. Tell your healthcare professional if you are on therapy used to decrease the body's immune response, or using products that can prolong bleeding, such as aspirin, ibuprofen, or other blood thinners. The long-term safety of repeat treatments and the safety for use in people with very thin skin in the cheek area has not been studied. The most common side effects with JUVÉDERM VOLUMA® XC include tenderness, swelling, firmness, lumps/bumps, bruising, pain, redness, discoloration, and itching, and generally last 2 to 4 weeks.

To report a side effect, please call Allergan Product Surveillance at 1-877-345-5372. For more information, please see www.juvederm.com or call the Allergan Medical Information line at 1-800-766-0171.

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Lee Curvy Fit Straight Leg and Midrise Fit Skinny Leg jeans are available at **Kohl's®**, **Kohls.com** or **Lee.com**

beauty

through. But there's no need to wig out (or go buy one). "You will *not* go bald," assures Mirmirani. "Unlike with men, in women the condition causes a gradual all-over thinning." The cause is largely hereditary, though medical conditions like a thyroid problem or anemia can trigger shedding. "So if you have signs of hair loss, see your doctor," advises Fusco.

The solutions:

If you're experiencing this issue, it means your hair's growth cycle has slowed way down. To get it cranking again, experts agree that nothing beats the gold-standard ingredient, minoxidil. The medication—first introduced in Rogaine as a prescription and now available over the counter—"stimulates the follicles to become active again, so hairs grow in and stay put on your head longer," explains Fusco. Over time, minoxidil also increases the size of those skinny-fied follicles so they produce bigger, healthier strands. But don't expect to be wowed overnight: It takes up to six months to see a change, then you have to keep applying minoxidil every single day to truly benefit.

Finally, a little smoke and mirrors can camouflage hair loss or thinning. "The right cut will make hair seem a *lot* fuller," says hairstylist Sally Hershberger, who suggests a short bob or a jaw-length shag. "Then add a few tousled layers at the top and sideswept bangs to enhance lift." You may also want to consider highlights, which create dimension to give the illusion of volume. "Plus, hair dye swells strands so they're bigger," she says. And in this instance, bigger really is better. ®

POWER PLUMPERS

These products will help you love your hair again.

FOR INSTANT VOLUME



Matrix Biolage FullDensity Spray Treatment, \$23, coats hair with biotin and nutrients to increase its diameter and help it resist the heat damage that can cause breakage.



Redken Cerafill Dense Fx Hair Diameter Thickening Treatment, \$45, delivers filoxane, a gel that plumps strands from within; the effect lasts through several shampoos.

FOR LONG-TERM HELP



Dr. Dennis Gross Root Resilience Anti-Aging Scalp Serum, \$54, includes saw palmetto, adenosine, and procyanidin-B₂ to thicken hair and promote healthy growth.



Women's Rogaine Foam 5% Minoxidil Topical Aerosol, \$29.99 for a two-month supply, contains the maximum dose of minoxidil allowed over the counter.

COURTESY OF MANUFACTURERS (4)



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**SKECHERS
GO WALK
3**



5 beauty tricks I just learned

Beauty director **Victoria Kirby** has tracked down new ways to boost your radiance and lushify your hair—plus, a chance to put your own custom spin on nailcolor.

CELEBRATE A WOMAN IN YOUR LIFE—AND WIN BIG!

This is the best contest I've ever put on this page, bar none: I've teamed up with Zoya nailcolor, and we're letting *you* name the three beyond-pretty colors shown here: a creamy cherry red, a metallic plum, and a sheer sparkly gold. The amazing folks at Zoya name their shades after women (love that), and we want to help you honor a remarkable girl or woman you know. Go to redbookmag.com/zoyapolishcontest and tell us whom you'd like to name one of these polishes after and why. We'll choose three winners; if we pick your submission, your personalized polish will be part of Zoya's upcoming holiday collection, and you'll also receive 12 special gift sets of all three colors. You have until September 14 to enter (see details on page 175). I can't wait to hear your ideas!



There's an easy way to tame a cowlick

A fine-tooth comb will discipline that unruly tuft. "Wet the hair, then, as you blow-dry it, comb it completely flat against your forehead in the direction you want it to go," says hairstylist Christine Healey of the Rita Hazan Salon in New York City. "Once it's dry, slide the comb under the section to lift it off your forehead, and blend it into the rest of your hair." Simple, right?

Comb from Conair Style Lift & Define Mixed Comb Value Pack, \$7.99.

CLARY SAGE BALANCES SKIN

I recently met up with Joanna Vargas, facialist to stars like Sofia Coppola and a holistic skin-care expert whose own complexion is so radiant and youthful, I trust anything she says. So when she suggested I try using clary sage essential oil on my skin, I paid attention.

"When applied topically, the oil is anti-inflammatory and can help regulate sebum production," she explained. Since the pure oil is a little heavy for me, I've been using this Burt's Bees toner made with clary sage, and my skin has stayed blissfully calm.



Burt's Bees Intense Hydration Nourishing Facial Water, \$12.99.

Dry shampoo can do more

I used to think all I had to do was mist it on and go—nope. Turns out, according to a top hairstylist I spoke with, you should let dry shampoo sit on your hair for a minute or so to absorb excess oils, *then* brush it out to get rid of dirt and residue. A new dry shampoo from Living Proof is designed to work this way, and it helps remove sweat and odor, too. I tried it out, using it for a week straight in sticky summer weather, and my hair stayed soft and oil-free through day six—*seriously*.

Living Proof Perfect Hair Day Dry Shampoo, \$22.



FACIAL WIPES AREN'T FOR EVERYONE I hear from people with hypersensitive skin that even gentle wipes can turn their faces as angry as Alec Baldwin. I asked dermatologist Joshua Zeichner, M.D., of Mount Sinai Hospital in New York City, what's up: "Most premoistened cleansing cloths contain a preservative that can irritate skin if you're naturally sensitive, so be cautious of them." Noted!

JERGENS.



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Walmart

 Experience more than just protection.
Experience soft, smooth underarm skin too.



New Dove Advanced Care goes way beyond protection.
9 out of 10 women agreed that it made their underarms soft and smooth.



red

STYLE

REAL WOMEN STYLE AWARDS

We went on a hunt for America's best-dressed women and got more than 5,000 photographs in response. The six winners you'll meet here hail from all over the country, come in all sizes, and are masters at pulling together easy, confident looks on a budget. Steal their tips—they're great.

ALL SNAPSHOTS: COURTESY OF SUBJECTS.

FASHION INSPIRATION STARTS HERE

These ladies work 9-to-5 jobs, take care of their families... in other words, they have full plates, just like you. Their advice and the tips from our panel of judges (meet them on page 14) prove that looking chic is within every woman's grasp, no matter the size of her dress or her wallet.

PHOTOGRAPHED BY CHRIS CRAYMER

PSYCHE

Psyche Southwell,
36, St. Louis

EARRINGS \$128; lorenhope.com.
NECKLACE \$85; rjgraziano.com.
BLOUSE Merona, \$25; target.com. **SWEATER** \$185; lkbenett.com. **WATCH** Anne Klein, \$65; amazon.com. **SKIRT** \$25; oldnavy.com. Sizes XS to 4X. **SHOES** \$249; alejandrag.com.

JENIESE

Jeniese Hosey,
36, Birmingham, AL

EARRINGS AND NECKLACE \$28 and \$60; daniellestevens.com (20% off with code REDBOOK20). **DRESS** \$111; eloquii.com (20% off with code REDBOOK20). Sizes 14 to 24. **HEELS** Ralph Lauren, \$98; zappos.com.

CASSIE

Cassie Freeman,
42, Dallas

EARRINGS \$22; spartina449.com (25% off with code REDBOOK25). **NECKLACE** \$78; chloeandisabel.com. **SHIRT** \$40; ae.com. **VEST** \$35; oldnavy.com. Sizes XS to 4X. **SKIRT** \$268; trinatürk.com. **PUMPS** Gianni Bini, \$80; dillards.com.



MARIJA

Marija Krosnjar,
31, Chicago

NECKLACE \$32;
spartina449.com (25%
off with code REDBOOK25).
DRESS Rachel Rachel
Roy; \$129; macys
.com (available October 1).
WATCH Anne Klein,
\$65; amazon.com.
BRACELETS, FROM TOP
\$83; stellaandbow
.com (20% off with code
REDBOOK20). \$79;
mirandafrye.com. **SHOES**
\$120; aldoshoes.com.

CHRISTINE

Christine Buzan,
25, New York City

EARRINGS \$48;
mirandafrye.com.
NECKLACE \$63;
spartina449.com (25% off
with code REDBOOK25).
TOP Merona, \$25; target
.com. **JACKET** \$28;
forever21.com. Sizes XL
to 3X. **SCARF** \$65; store
.metmuseum.org.
SKIRT \$75; topshop
.com. **BOOTS** \$300;
dolcevita.com.

NIKKI

Nikki Frenney-Wiggins,
42, Atlanta

NECKLACE \$45; rjgraziano
.com. **JUMPSUIT AND**
BELT \$119 and \$38; eloquii
.com (20% off with code
REDBOOK20). Sizes 14 to
24 and 14/16 to 22/24.
CUFF AND RING \$48 and \$32;
cocoajewelry.com.
HEELS \$150; kennethcole.com.



FASHION DIRECTOR:
Jennifer Hitzges
HAIR: Mark Townsend,
Dove celebrity stylist
MAKEUP: Munemi Imai
for munskin.com
at Honey Artists
MANICURE: Rachel
Shim for Lancome
PROP STYLIST:
Maria Santana at
Art Department

“I don’t save ‘special’ pieces for occasions. Wear and enjoy things you love often; they can be repaired. I’ve gotten my favorite boots resoled every fall for the last eight years.”

DRESS \$178; donna-morgan.com. **BELT** \$30; ae.com. **BAG** \$148; bcbgeneration.com. **BOOTIES** \$295; rebecca minkoff.com.

CHRISTINE

This digital marketer draws inspiration from two totally different styles (“old Hollywood and that glamorous rock look from the ‘70s”) that have one thing in common: “I love drama,” she says. It’s why the natural blonde went entrance-making red. “Your style should be an extension of who you are—and I have a *big* personality.”

TOUGH ACCENTS “I’m always going for a balance of sophisticated and edgy. Forties-style sheaths suit me, but I’ll wear them with booties to keep the look modern. Or I’ll put a rockerish jacket over a dressy top.”

FLOWY PIECES “Things with movement, like capes and caftans, make me happy, but I always belt them to show my waist.”

SUN PROTECTION “I don’t wear a lot of makeup, so my skin needs to be flawless. I’ve worn Eucerin SPF since I was a kid.”

BIG HATS “I picked up my love of hats from my dad—he never leaves the house without one. They make you look finished.”

HER BLOG | Madame Ostrich

JACKET

Jessica Simpson Collection, \$99; dillards.com.

BOOTIES

Rockport, \$170; zappos.com.



Eucerin Daily Protection Face Lotion SPF 30, \$9.99; drugstore.com.



OUR JUDGES SAID...

“Christine never reveals a lot, but she’s still sexy in a modern, sophisticated way. Like here: The belted waist and bit of skin at the neckline are enough.”

—Jodi Arnold, creative director of Eloquii

HAT \$39; lulus.com (20% off with code LULUS20).



BAG Jennifer Lopez; \$99; kohls.com.

NECKLACE \$195;
holstandlee.com.
DRESS \$50; hm.com.
JACKET \$119;
luckybrand.com.
BELT Isaac Mizrahi
Live! for QVC, \$33;
qvc.com. Sizes XS
to 3X. **CLUTCH** \$158;
bananarepublic.
com. **WATCH** Nine
West, \$49; amazon
.com. **RING** \$65;
rjgraziano.com.



PSYCHE

For a long time, Psyche, who researches poverty issues, stuck to basic pieces and muted colors. "When I was in grad school, I thought that if people knew I cared about how I look, they would assume I didn't care about my work," she says. "But eventually I realized I am good at what I do and I am going to present who I am to the world, because both are important."

VIBRANT COLORS & PRINTS "I mix both of them in unusual ways, like an African print with an optic print, or lavender with orange. I'm from the Caribbean, and our culture is all about fun and celebration."

POINTY-TOE SHOES "I live in them! I'm only 5-foot-4, and they elongate my legs."

BOLD LIPSTICK "Pink, red, and purple look great on brown skin. I also never leave the house without blush and mascara."

STATEMENT JEWELRY "Pair an unusual or really sparkly necklace with more low-key pieces so it can have the spotlight."

HER BLOG | Economy of Style



DRESS
French
Connection,
\$168;
letote.com.



Benefit
They're
Real!
Mascara,
\$24;
benefit
cosmetics
.com.

OUR JUDGES SAID...

"Psyche's jean jacket adds a casual touch and freshness to her outfit. It's important to have great staples like this one to update your looks."

—Brad Goreski, cohost of *E!* network's *Fashion Police*



NECKLACE
\$45;
elkaccessories
.com (30% off
with code
REDBOOK30).



CLUTCH \$60;
shiraleah.com.



LOAFERS \$23;
forever21.com.

"Your go-to formula for days you want to look great but have no time (mine is a fitted top with an A-line skirt), then buy those pieces in interesting colors and patterns."

JENIESE

Jeniese credits her mother, a former school principal who “always looked so polished,” for her amazing fashion sense. Mom’s best advice: Wear what you want as long as it fits well. “I get my clothes hemmed or taken in by a tailor. It makes a difference,” says the marketing coordinator.

COOL EYEWEAR “I feel instantly chic in oversize sunglasses, like I’m Jackie O.”

BOYFRIEND JEANS “When I wear them with a sleeveless vest, a tee, and pumps, my boyfriend always says, ‘I love that outfit!’ and he rarely comments on my clothes.”

ROOMY SHOES “My feet are about a size 11, so I shop at places that offer cute, large sizes, like DSW and smashshoes.com.”

MIDI SKIRTS “So many curvy women think volume is bad, but long, full skirts are flattering with a boxy crop top or fitted tee.”

TIRED-EYE FIX “I keep Clinique eye cream in the fridge—it works wonders on any puffiness and makes me look wide awake.”

HER BLOG | The Je Ne Sais Quoi

EARRINGS \$48;
moonandlola.com
(20% off with code
REDBOOK920).
DRESS \$168;
mynt1792.com.
Sizes 12 to 26.
BRACELET \$85;
rjgraziano.com.
HEELS \$138;
ninashoes.com
(20% off with code
REDBOOK20).



JEANS \$65;
torrid.com. Sizes
12 to 28.



GREAT HAIR TRICK

“Jeniese’s cute cut has length on top for volume. I ran a drop of anti-frizz cream through her curls to break them up and add shine.”

—Mark Townsend, Dove celebrity stylist who worked with our winners for this shoot



FLATS
BCBGeneration,
\$60; dsw.com.



SUNGLASSES
Fantaseyes, \$17;
target.com.



SHIRT \$13;
forever21.com.
Sizes XL to 3X.

“one is so rushed nowadays, but shopping requires attention and patience. Find out your measurements and take the time to try on multiple sizes.”

CASSIE

"Each day is an opportunity to create a new outfit," says the mom of two, who works in marketing. "That doesn't mean I constantly shop—nobody's got the time or money to do that!" Most things she adds to her closet can be remixed *at least* five daring ways. "I always have on something colorful and a pattern on top or bottom—or both."

GINGHAM BUTTON-DOWNS "They're just as easy to wear with florals and other prints as striped tops, but feel more unexpected."

CLASSIC JEWELRY "Oversize men-style watches and layers of pearls fit my updated preppy vibe."

FIT-AND-FLARE SHAPES "Dresses and skirts with this cut accent my waist and play down what I've got going on in the back."

EFFORTLESS HAIR "I like my hair big—I'm from Texas!—but a little mussed-up. So I wash and curl it every few days, then use baby powder as dry shampoo in between."

HER BLOG | Hi Sugarplum!



SKIRT \$88;
bodenusa.com.
Sizes 2 to 18.



WATCH
\$85; armitron.com (20% off with code REDBOOK20).

EARRINGS
\$40; danielle
stevens.com
(20% off with code
REDBOOK20).



OUR JUDGES SAID...

"I love that Cassie does a bright lip and keeps everything else toned down. Have a signature beauty look that's easy and doing your makeup will never be a hassle."
—Mally Roncal, celebrity makeup artist



SCARF
\$39;
jjill.com.



Nars Lipstick in Schiap, \$27; narscosmetics.com.

EARRINGS \$32; chloeandisabel.com.
NECKLACE \$56; moonandlola.com (20% off with code REDBOOK920).
SHIRT \$25; oldnavy.com. Sizes XS to 4X.
SKIRT Ted Baker London, \$279; tedbaker.com. **CUFFS, FROM TOP** \$68 and \$88; melindamaria.com. **HEELS** \$200; cecelianewyork.com.

“...experimenting with different looks. If you're unsure about an outfit, wear it to run errands and see how you feel.”



NECKLACE \$125; rjgraziano.com.
SHIRT \$24; junkfoodclothing.com. **JACKET** French Connection, \$198; bloomingdales.com.
BRACELET \$50; anntaylor.com.
WATCH Coach, \$275; macys.com.
JEANS J Brand, \$50; Marshalls stores. Sizes 23 to 32.

MARIJA

This account supervisor for a sports marketing agency used to live in “baggy flannel shirts with jeans” back in high school. That uniform is long gone, but she never completely shed her tomboy phase. “I love mixing masculine and feminine pieces, like a white lace dress with a khaki utility jacket,” she says.

A GREAT TRENCH “Outerwear is how Chicagoans make a statement. A trench is always in style and goes with everything.”

VINTAGE NECKLACES “Lately I’ve been really heavy into distressed jeans worn with fun cotton tees. I’ll layer on chunky jade necklaces I got from my mom to take the look from day to night.”

FANCY NEUTRAL ACCESSORIES “They’re rich but low-key. I go through warm beige lipstick like candy for the same reason.”

HIGH-WAISTED, WIDE-LEG PANTS “I’m 5-foot-5, but when I wear them with a fitted top and heels, I look like I’m 6 feet.”

HER BLOG | Sportsanista

SUNGLASSES
Oxydo, \$98;
nordstrom.com.



TRENCH \$88;
rue58.com.

CULOTTES
\$40;
zara.com.



GREAT HAIR TRICK

“Marija came in with these cool, undone waves. I just misted on some volumizer and wrapped 4-inch sections of her hair around a double-barrel curling iron to amp them up.” —Mark Townsend



SHOES \$138;
anntaylor.com.

MAC Lipstick in Myth, \$17; maccosmetics.com. Dove Oxygen Moisture Root Lift Spray, \$5.99; dove.com.





TOP \$70; eloquii.com. Sizes 14 to 24.
SKIRT \$80; lanebryant.com. Sizes 14 to 28.
RING Nikki's own.
BRACELET \$45; rjgraziano.com.
CLUTCH Jessica McClintock, \$48; zappos.com.
HEELS \$285; alejandrag.com.

NIKKI

Nikki holds a special place in her heart for the bodycon-dress trend of the last few years: "When plus-size women started wearing them and showing off their curves, people were like, 'I want that kind of confidence!'" It made a lot of other women braver." While the VP of communications has never shied away from attention, she says her style *has* gotten bolder with age. "Stripes, crop tops—I defy archaic 'curvy girls can't wear' rules every day."

KILLER JUMPSUITS "They make me look taller and play up my curves. I own 10!"

BIG ACCENTS "A cuff and a great bag turn the simplest outfits a little edgy."

COMFY HEELS "I feel best in platforms. Vince Camuto and Nine West make gorgeous, affordable ones."

MAKEUP MUSTS "MAC blush in Blunt gives me the most natural-looking contoured cheeks. And putting Nyx Photo Finish Primer on first makes it last all day."

HER BLOG | Nikki Free Style

JUMPSUIT
 \$168; monifc.com.
 Sizes 14 to 24.

TOTE \$238;
 verabradley.com.



CUFF \$35;
 lydellnyc.com.

OUR JUDGES SAID...

"Many women think adding layers will mask body parts we don't like. Instead, Nikki highlights the parts she loves." —Jill Martin, fashion contributor for the Today show

"When I walk into a room, I want people to think, *She's fun, she's approachable, she loves life.* That's how I like to dress."



PUMPS \$129;
 vincecamuto.com.



Nyx Studio Perfect Primer in Lavender, \$13; nyxcosmetics.com.

MEET THE RUNNERS-UP!

5 more women to love (and emulate)

These ladies made it into the finals of the Real Women Style Awards because their fashion sense is just so strong. Steal a couple of ideas from the one you relate to most—or, fine, take notes from *all* of them.

BEST MOTIVATION TO TRY SOMETHING COMPLETELY NEW

Princess Fox, 32, Cincinnati
BLOG | Personal Bravery

Princess (best name ever, no?) has an eye for elegantly bold pieces and calls her look “thrifty-chic.” According to the style consultant, this type of sartorial risk-taking can be done quite affordably: “Most holidays, everything at my local thrift store is half off, so I make sure to never miss those days.”



Have a signature 'do

“The first thing people notice about me is my hair. It says, ‘I’m fearless and I make my own rules.’”

Don't stress over it

“I love playing with prints, texture, and color. Usually I throw on what I think will look good and pray it works out!”



Create a waist

“Tying a denim jacket or button-down around my waist when I wear overalls keeps me from being shapeless.”

Add a softer touch

“I always finish a boyish look with red lipstick and a girly accessory.”

BEST OUTFITS FOR FUN WEEKENDS

Megan Thomas Head, 32,
Fort Lewis, WA
BLOG | Bourbon Blonde

From Monday to Friday, Megan keeps it sharp in pencil skirts for her job as a middle school math teacher. But on Saturday and Sunday, it's all about kicking back: “My casual uniform is relaxed denim and a nice top. It's comfy but polished. I'll add cute sneakers for day and swap in heels at night.”

COURTESY OF SUBJECTS (2)



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Embrace the messy tuck

"Blousing your top a bit is cool but effortless, and it gives you a nice, defined shape. To me, it's more flattering than belting."



Match your metallics

"Pairing silver or gold accessories pulls you together but, unlike with bright colors, never feels overdone."

BEST UPDATING OF THE BASICS

Kelly Augustine, 28, New York City
BLOG | Kelly Augustine

Kelly excels at packing lots of interest into simple looks. Her trick—adding one trendy piece to polished go-to's—is also a wallet-saver. "Take this outfit," says the visual merchandiser. "By just swapping in wide-leg jeans for these distressed ones, it would seem like I got a whole new outfit!"

BEST PROOF THAT GREAT STYLE NEVER RETIRES

June Fulkerson, 61, Saratoga Springs, UT

After leaving banking, June was ready to feed her passion for clothes, so she became a sales associate at Kate Spade and then a brand stylist. "Fashion is ageless," she says. "Just because you see something on a size 2 model or a mannequin doesn't mean you can't work the style. Try it on and wear it proudly."



Know your best colors

"Pay attention to which ones gain you compliments and wear them near your face."

Make low look high

"Wear inexpensive clothes—like this H&M coat—with more classic pieces."

Add subdued sparkle

"A little shimmer on your wrist or feet is all you need to make airy pieces feel sophisticated."

Find flowy pieces with polish

"Even if they're not pricey—this dress from jollychic.com was about \$50!—the fabric has to feel good and it has to fit perfectly."



BEST (LADYLIKE) TAKE ON BOHO

Tamara Brooke Waterson, 32, Minneapolis

BLOG | Champagne & Macarons

The entrepreneur loves to feel girly: "I've been known to wear my wedding dress around the house." Her everyday look is "a mix of the femininity of clothes from my Texas childhood and the relaxed vibe I picked up living in Los Angeles," she says. "Always let where you live and travel influence you."



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TRY SOMETHING CRISP AND BREEZY

1 This maxi will take you from still-hot September to deep, dark winter—just throw a cozy cardigan over it. Dress, Dee Elle, \$48.80 (includes 20% discount using code LULUS20); lulus.com. **2** Stripe it rich in a jewel-tone sweater. Sweater, \$34.94; oldnavy.com. Sizes XS to 4X. **3** A chic upgrade from the ol' JanSport. Backpack, \$32.97; shoppriceless.com. **4** Gold studs to put some cool into your everyday look. Earrings, \$45; mirandafrye.com. **5** In the office! Out for cocktails! This cute top can go *anywhere*. Top, \$49.50; anntaylor.com. **6** This trio of delicate bracelets is surprisingly big on style. Cuff set, \$20; cocolovesrome.com. **7** Get some pep in your busy-a.m. step with shimmery slip-ons. Shoes, Bernie Mev, \$49.90 (includes \$10 discount using code REDBOOK); shopakira.com. **8** A subtle way to add pattern to an outfit. Scarf, \$16; shopdavidandyoung.com.



9



10



11



12

COMES IN
plus

13

COMES IN
plus

16



15



14

ADD SOME HAPPY COLORS

9 We have one word for this skirt: showstopper. Skirt, \$12.99; rue21.com. **10** Let this necklace be the bright spot of your work look. Necklace, \$46; marlynschiff.com. **11** The exposed gold zipper gives this clutch next-level cool. Bag, \$39.99; amiclubwear.com (45% off with code REDBOOK45). **12** A belt that's like taking a flattering highlighter to your waist. Belt, Isaac Mizrahi Live! for QVC, \$41; qvc.com. Sizes XS to 3X. **13** These pants are equal parts slimming and super-fun. Pants, Ava & Viv, \$29.99; target.com. Sizes 14W to 26W. **14** The fastest way to add sizzle to your day? Feisty, foxy heels. Pumps, \$24.99; shopprimadonna.com (20% off with code REDBOOK20). **15** So cute on its own, or worn under a crewneck sweater. Top, Vero Moda, \$44.99; modcloth.com. **16** Dangling earrings that make a last-minute ponytail feel like a smart style decision. Earrings, \$39; capwell.co.

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STAND OUT IN BLACK, WHITE, AND GRAY

17 A comfy shift that happens to make you look like a perfect hourglass. Dress, Metaphor, \$48; sears.com. **18** These earrings are a love-at-first-sight situation. Earrings, \$40; neelyphelan.com (25% off with code REDBOOK25). **19** The touch of sparkle guarantees that this simple cuff won't fade into the background. Cuff, \$39.50; anntaylor.com. **20** Who'da thunk a gingham skirt could have so much attitude? Skirt, \$29; gojane.com (20% off with code RB920R). **21** Flats that are as elegant as killer stilettos, but won't kill your feet. Flats, Breckelle's, \$32.99; overstock.com. **22** The silvery fabric of these pants feels so luxurious. Pants, \$34.99; hm.com. **23** Lace accents lend femininity to a graphic print... and the result is awesome. Shirt, \$15.90; forever21.com. Sizes XL to 3X. **24** Everyone will assume this bag is ultra-expensive. (We won't tell if you don't!) Bag, \$35.90; windsorstore.com.

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A man with a mustache, wearing a blue plaid shirt and jeans, sits in a wooden canoe on a calm lake. He holds a long wooden paddle. In the background, there are green mountains and a blue sky. A white and blue tent is pitched on the grassy shore to the right. A duck and its ducklings are swimming in the water near the canoe.

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The amazing upside of clutter

Next time you clean out your closet, instead of asking yourself, *Do I ever wear this?* ask, *What does it mean to me?* Writer (and quasi-hoarder) Gigi Guerra explains why your old stuff matters.



Gigi in front of her storage space last summer, with a load of fun memories she's hanging on to.

OVER THE PAST TWO DECADES, I've sunk hundreds of hours and more than \$30,000 into maintaining my secret pet project: Since I moved to New York City for college in the early 1990s, I've been stockpiling monetarily worthless yet emotionally precious items—awkward childhood photos, debatably collectible dolls, but mostly clothes—in a 5x8-foot space in downtown Manhattan. It began out of necessity. My enviably clutter-free parents wouldn't let me store stuff at their house, and my tiny apartment's single closet was barely big enough for everyday essentials. The motto of the storage company is “We Keep, You Sleep,” and generally that's been the truth. It eased my mind to know that my valuables, for lack of a better term, were safely sequestered in a place I never had to think about.

My collecting started in childhood, when my father's job had our family hopscotching from state to state. Each year brought a different town and school, and as the perennial new weird girl hopelessly attempting to fit in, the objects I amassed took on an outsize importance in my world. They became an anchor, a reassuring physical reminder that some things never change.

When I discovered thrift stores and flea markets as a teen, I hit my hunter-gatherer stride. Slowly, my possessions no longer served as a security blanket, but instead helped shape the evolving narrative of who I was. I began to celebrate my left-of-center self through eccentric vintage clothes—I wore a dress made from an old shower curtain to see the band Nirvana, an Elvira-like goth-mermaid gown to prom (stag, of course). And I didn't even need to put on my possessions for them to give me pleasure. One of my husband's favorite early memories of me is seeing an intricately appliquéd gown hanging in my bedroom for months on end, waiting to be worn. But I had no intention of wearing it. It made me happy just to admire it.

For a long time I kept my storage habit to myself for fear of being labeled with a scarlet letter—H, for hoarder. I dated my husband for

a couple of years before I mentioned the existence of the storage space; it was another year before I got up the guts to show him. By that time, the mental heaviness of owning too many things was always hanging in the back of my mind. But still, I couldn't stop: After he moved in with me, we got a second storage space to hold our collective overflow (i.e., mostly my stuff).

Then last year I became pregnant. With twin boys. In true collector fashion, my first thought was: *Since I'm not having daughters, I don't need most of this—let's clean out and make room for new memories.* I also reflected on the fact that my treasures, if I clung to them, could eventually become someone else's problem, a concept imprinted on my mind by my mother's death years ago. She'd battled lymphoma with grace, never complaining and using her illness as an opportunity to learn from the challenges it presented. "It teaches me to slow down and live in the present," she told me one day. Her positivity astounded me. As I sat by her side while fluorescent chemicals were pumped into her veins during chemotherapy appointments, she would simply smile. Year after year, she valiantly battled the disease with a life-affirming cocktail of pragmatism and positivity. Until one day she couldn't. I only guessed this because she started quietly giving things away. First it was her favorite riding boots. Then it was a necklace she'd had custom-made. And then her engagement ring, which she handed to my father with instructions to sell it and buy something nice for himself. I *knew* she didn't have long.

My mom's shedding of objects rattled me: It was a reminder of what lay ahead, an on-ramp to an exit I wanted her to speed up and pass. But to her, the car was on cruise control, and she was getting off the highway. So she decelerated, unloading the few precious objects she'd collected over the years. She cherished the items she owned, but they never defined her. "I don't want my family to have to deal with my things after I die," she explained. Of the many selfless gestures my mother made, this was perhaps the most powerful.

In front of my storage space one sweltering day, years later and heavily pregnant, her words reverberated in my head. I was determined to honor my mom's legacy by cleaning out the locker, thereby unburdening my future family. I'd also come in search of her final gift to me: a baby quilt she'd made for when I eventually had my own child. It was so buried in storage, it existed only in my memory. I needed to find it. When

my husband cut the lock (it had been 10 years since my last visit and the key was long lost), I stood frozen and overwhelmed.

The pile facing me was like a mirror, reflecting a living, breathing, deeply emotional timeline of my past. At the foundation were my childhood crafting projects: the first nightgown I made when my mom taught me to sew at age 10, its stitches as wonky as my pre-orthodontics teeth. The second layer revealed a compressed collection of flamboyant clothing, including a hat with panels of Budweiser beer cans crocheted into it that I'd brought to New York to telegraph my weirdness—and, I hoped, coolness. There were the wildly experimental costumes from my days as a fashion design major, including a dress made entirely of bright plastic pot scrubbers. The mass slowly rose up through my mid-20s, where a single hot pink Manolo Blahnik poked from the pile, the remnant of my first career-woman

purchase that I'd barely scraped up enough cash to buy at a sample sale. It crested into my 30s, revealing things that had evolved past worthlessness to actually being collectibles. A few days later,

my father snagged the first-gen PowerBook I unearthed and took it to be fixed at an Apple store, where the employees hovered over it in reverential awe. This single interaction naturally validated my lifetime of hoarding. Not to mention, the PowerBook contained a draft of a story about trying to clean out my storage I'd started writing... 12 years ago.

Looking back on that old draft and comparing the thinly veiled shame in those words to the giddiness I now felt, rediscovering my long-lost treasures, I realized it was time to evolve my love/hate relationship with my possessions. Whereas my mom didn't need a lot of things, I just love stuff.

While I still can't find that baby quilt, and my storage situation continues to be something I'm not particularly proud of—my husband and I recently acquired a third storage space; clearly I'm contagious—I figure I'm just in the wrong city when it comes to real estate. My love of fashion has given me fantastic career adventures (currently, I cultivate designer partnerships for Target, like the recent one with Lilly Pulitzer) and memories that, naturally, I choose to immortalize with wardrobe souvenirs. There's a comfort in having tangible reminders of the circuitous journey to my current happy life. Though my sons may never want my stuff, there's an off chance they'll find joy in discovering, say, the tote bag with the tapestried face of Billy Ray Cyrus on it. It certainly makes me laugh imagining them stumbling across it—and maybe that's what matters. **R**

Gigi playing dress-up with some early treasures at age 5 (right); her sons at 8 months in outfits too cute not to save (below).



“There's a comfort in having tangible reminders of the circuitous journey to my current happy life.”



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4 new ways to dress better for less



Get a **love-it-forever** leather jacket

A superb leather jacket should *not* cost more than your first car. This one from luxury brand Halston's new collaboration with QVC is as soft and chic as any we've encountered, and stretchy knit panels make it mold to you like it was custom-made. It's not exactly cheap, but 20 years from now you'll still be amazed at what a steal it was. Jacket, H by Halston for QVC, \$284; qvc.com. Sizes 0 to 28.



Carry a beautiful bag

It's the 10th anniversary of Nicole by Nicole Miller, the designer's lower-priced brand for JCPenney, and to celebrate, they're releasing a special collection inspired by popular pieces in the line's history, available September 1 through 30. We love this classic satchel that's made for the fashion obsessive with a practical soul—it has a shoulder strap so you can also wear it as a cross-body (cause no woman ever has enough hands) and seven roomy pockets to keep you organized. Bag, Nicole by Nicole Miller, \$70; jcpenny.com.



LAYER ON SOME LUSH TEXTURE

There are many slimming reasons to adore this blanket-thick cardi by Thakoon for DesignNation. Ribbing helps it fit sleek and close to the body through the shoulders, arms, and sides. It's slightly shorter in back than in front, so it covers your butt without cutting you off at the widest part of your thighs. Plus: total gorgeousness.

Cardigan, Thakoon for DesignNation, \$78; kohls.com (available September 10).

LET MELISSA MCCARTHY DRESS YOU

In the middle of the mood board for Melissa

McCarthy's new clothing line is a photo of Gloria Steinem with the quote: "Self-esteem isn't everything, it's just that there's nothing without it." The actress hopes her inclusive designs will help us all get a little more of that needed confidence. "I want these clothes to make women feel good about themselves," she says. Every piece in the collection comes in sizes 4 through

28, and while they range from simple basics to on-trend items, they all have a *very* curve-flattering construction.

Skirt, \$79, and jeans, \$108, both Melissa McCarthy Seven7; hsn.com. Sizes 4 to 28.



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The easiest fix to feeling blue

If seeing your chips trapped in the vending machine reduces you to tears, you may be “sweepy.” (Okay, we made that word up, but feeling sleepy and weepy is a real thing!) When you’re sleep-deprived, “there’s more activity in the area of your brain that generates emotion, while your ability to control your feelings is impaired,” explains Matthew Feldner, Ph.D., coauthor of the book *Sleep and Affect*, who suggests exercise to balance you on days when you’re exhausted. Or lay off the Netflix and head to bed, already.

What doctors tell their friends about **periods**

It's the stuff nobody ever covered in seventh-grade health class (and somehow never comes up in your yearly ob/gyn visits either). The insider knowledge from these top M.D.s will change how you greet this monthly visitor.

BY BETHANY GUMPER

HERE'S HOW TO TELL IF YOUR PERIOD IS NORMAL

"Friends often ask me how much bleeding is too much, and I usually say, 'How many tampons or pads do you go through on your heaviest day?' Most have no idea. My suggestion: Start tracking that number using the Notes tool in your phone or an app like iPeriod. Because if you soak through a pad or tampon every hour for several hours, your gynecologist needs to know. Heavy bleeding could signal a number of problems, including a blood-clotting disorder or hypothyroidism. It's also important to know what's typical for your cycle: If one month your heaviest day only requires a panty liner and the following month the bleeding that used to happen over a five-day span is now concentrated into one, that's something to tell your doc too. Changes in bleeding can be flashing neon signs that you're in perimenopause, the time—typically in your 40s, but as early as your 30s—when shifts in estrogen and progesterone become more erratic. Ignoring your suddenly unpredictable period doesn't solve anything; discussing your symptoms with your gyno will." —*Mary Jane Minkin, M.D., clinical professor of obstetrics and gynecology at Yale School of Medicine in New Haven, CT*

DON'T WORRY, YOU'RE NOT ALSO GETTING SICK

"Over drinks one night, a friend asked why she always seems to have a cold at the same time as her period. Truth is, a lot of women experience cold or flu-like symptoms when their period starts: congestion,

nausea, achiness, fatigue. That's likely due to prostaglandin, the same bugger that causes cramps and diarrhea. Prostaglandin is an inflammatory chemical; in fact, your body releases it, along with histamine, during an allergic reaction. I told my friend to take 3,000 milligrams of fish oil daily; it contains omega-3 fatty acids, which have anti-inflammatory properties that can help quiet that response. And unlike medications like ibuprofen, it's fine—healthy, even—to take long-term: It won't bother your gut, and the benefits are endless." —*Sara Gottfried, M.D., author of The Hormone Reset Diet*

YOUR PERIOD IS NO EXCUSE TO EAT #ALLTHECHOCOLATE

"One of my girlfriends recently said, 'I turn into a chocolate monster around my period.' She asked if it was because she was deficient in something—if her body was trying to tell her she *needed* it. I told her there's a theory that a heavy period can result in lower levels of magnesium, and since chocolate is rich in the mineral, you might be able to argue that you desire it more. But then came

the bad news: It's more likely that those cravings are all in your head—it's habit! I told her when she does indulge to at least reach for a square or two of the high-quality dark stuff. That way, you're getting antioxidants along with the sugar rush. And steer clear of milk chocolate, which is fatty and can cause bloating and worsen PMS symptoms." —*Fahimeh Sasan, D.O., assistant professor of obstetrics, gynecology, and reproductive science at the Icahn School of Medicine at Mount Sinai in New York City*

IT MIGHT NOT COME BACK AS SOON AS YOU GO OFF THE PILL

"A friend's daughter recently told me she was ready to start her family, and she was concerned that her period hadn't returned since she went off the Pill two months earlier. I explained that it often takes three to six months to get your period back—sometimes longer. It's not because the Pill does anything unsafe; it simply prevents your body from making the hormones involved in ovulation and menstruation, and it can take time for that system to return to normal. I told her to see her doctor if her period wasn't back within six months. If she had been 35 instead of 25, I would have suggested she go after three months, because anything more than that could cut into her window of fertility. I also recommended that she start taking a prenatal vitamin right away, as the Pill can interfere with the absorption of some B vitamins that are essential for a healthy pregnancy." —*Mache Seibel, M.D., author of The Estrogen Window and professor of obstetrics and gynecology at the University of Massachusetts Medical School in Worcester*



MARIA TOUTOUDAKI/GETTY IMAGES

NEVER ASSUME THAT IT'S JUST CRAMPS

"A while back a friend and colleague called to ask my advice: She was worried because she had awful cramps and heavy bleeding, but her doctor wasn't sure why. Since she's in her 40s, I suggested she ask him for an ultrasound to check for fibroids. These tumors are often associated with pelvic pain, cramps, and heavy bleeding, and they're *really* common in women over 35. Several months later she called me back and said, 'You were right! I have fibroids.' We've known for some time that fibroids run in families, but what we've learned recently is that they're shockingly prevalent in African-American women. One study found that overall, 15 percent of women between the ages of 18 and 30 have fibroids without symptoms, but the rate in black women is nearly 26 percent. So if you are African-American, check your family history, talk to your doctor about reducing your risk, and ask for an ultrasound if you ever develop painful periods." —James Segars, M.D., director of the Division of Reproductive Science and Women's Health Research and professor of gynecology and obstetrics at Johns Hopkins University in Baltimore

GET AHEAD OF THE BLOAT

"My daughter's friends are *always* asking me stuff about their periods. Recently one called and asked what she could do about bloating. I told her, 'The week leading up to your period, take 100 to 200 milligrams of vitamin B₆, 200 IUs of vitamin E, and 1,000 IUs of evening primrose oil every day.' We're not entirely sure why this trio works, but it seems to have diuretic properties (meaning, it makes you pee), and it may block the activity of the hormone prolactin, one potential cause of bloating. Plus, primrose oil is rich in gamma-linolenic acid, an omega-6 fatty acid, and it's possible that some women become deficient in fatty acids around their period. Whatever the reason, I'd say 60 to 70 percent of my friends feel better once they try my 'vitamin cocktail,' and it's perfectly safe." —Mary Jane Minkin, M.D.

“On your heaviest day, go ahead and trade your workout for a steak and some red wine.”

YOUR WORKOUT CAN WAIT

"Last week in barre class, a friend mentioned that the routine feels so much harder during her period. I told her I can relate—I'm a runner, and I love to push myself, but I just *can't* when it's that time of the month. There's a reason so many women don't feel as strong or active when they're menstruating: Working muscles need oxygen to produce energy, and when you bleed, you lose a lot of iron, the mineral that helps to deliver oxygen to your tissues and support muscle function. The result is that you feel exhausted just climbing stairs. I told my workout buddy to take it easy when she's on her period, and eat plenty of iron-rich foods like grass-fed red meat and dark leafy greens. In fact, on your heaviest day, I'd say go ahead and trade your workout for a steak and some red wine." —Sara Gottfried, M.D.

TAMPONS AREN'T GOING TO KILL YOU

"Not long ago, there was a news story about a model who had her leg amputated due to toxic shock syndrome (TSS), the life-threatening bacterial infection that can occur if you leave a tampon in for too long. When a friend asked me if she should be freaked out, I told her there's really no reason to worry. TSS—which has symptoms like a high fever, aches, vomiting, nausea, and a rash—is not very common. The incidence rate is about three cases per 100,000 people. In fact, in nearly 10 years, I've never seen a single case. I asked a few colleagues who've been doctors longer, and they haven't seen a patient with TSS either. The standard advice is still true, though: Don't wear a tampon for more than four to eight hours, and choose only the absorbency you need for your flow." —Fahimeh Sasan, D.O.

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SEPTEMBER'S SUPERFOOD

Squash

It doesn't boast the same cult status as kale, but that might just be a PR issue. Zucchini and yellow squash are rich in antioxidants that may help keep your vision sharp as you age. "They also contain pectin, a type of carb that helps regulate blood sugar, which can protect against diabetes," says registered dietitian nutritionist Rachel Begun of Boulder, CO. Skip the zucchini bread (you know it's just glorified cake) and put the veggies to work in these dishes.

IN A ONE-PAN FRITTATA Saute 1 medium chopped onion and 1 medium sliced zucchini or yellow squash until softened. Add 8 beaten eggs and salt to taste; let sit over medium-high heat until edges begin to set. Top with chopped black olives and grated Parmesan and transfer to an oven heated to 375°F. Bake for 20 minutes or until golden for a perfect early-fall brunch.

AS LOW-CARB NOODLES Shave zucchini or yellow squash into noodle-like strands using a vegetable peeler. Gently toss with olive oil, lemon juice, toasted pine nuts, and chopped fresh basil. Served cold, they're a fresh, elegant swap for pasta or rice.

IN A CREAMY DIP In a food processor, blend 1 medium zucchini or yellow squash, ¾ cup nonfat plain Greek yogurt, ¼ cup chopped fresh dill, 2 Tbsp lemon juice, 1 clove garlic, and salt to taste until smooth. Add veggies or crackers for a snack with even more protein than hummus. —Marygrace Taylor

BETTER WHEN EATEN TOGETHER! Your smart choices just got a whole lot smarter: When you pair these healthy picks, they're great for your body—and twice as delicious.

Lemon + green tea

Catechins—the healthy antioxidants found in green tea—thrive in acidic environments, says registered dietitian Keri Gans, author of *The Small Change Diet*. Add some lemon juice and research shows you may get up to five times more of the fat-burning compounds from your afternoon cuppa.

**Eggs + salad**

The fat found in egg yolks can help your body absorb up to nine times more carotenoids, the antioxidants found in tomatoes, carrots, and spinach that help keep your heart healthy and your skin glowing, a Purdue University study shows. Top your next bowl of greens with one or two chopped hard-boiled eggs.

**Salmon + red wine**

Research shows that people who sip vino with their fish have higher levels of omega-3 fatty acids in their blood, likely because wine's polyphenols delay healthy fats from being broken down during digestion. Just stick to a five-ounce glass, Gans says. —M.T.



MIND
YOUR
MEDS



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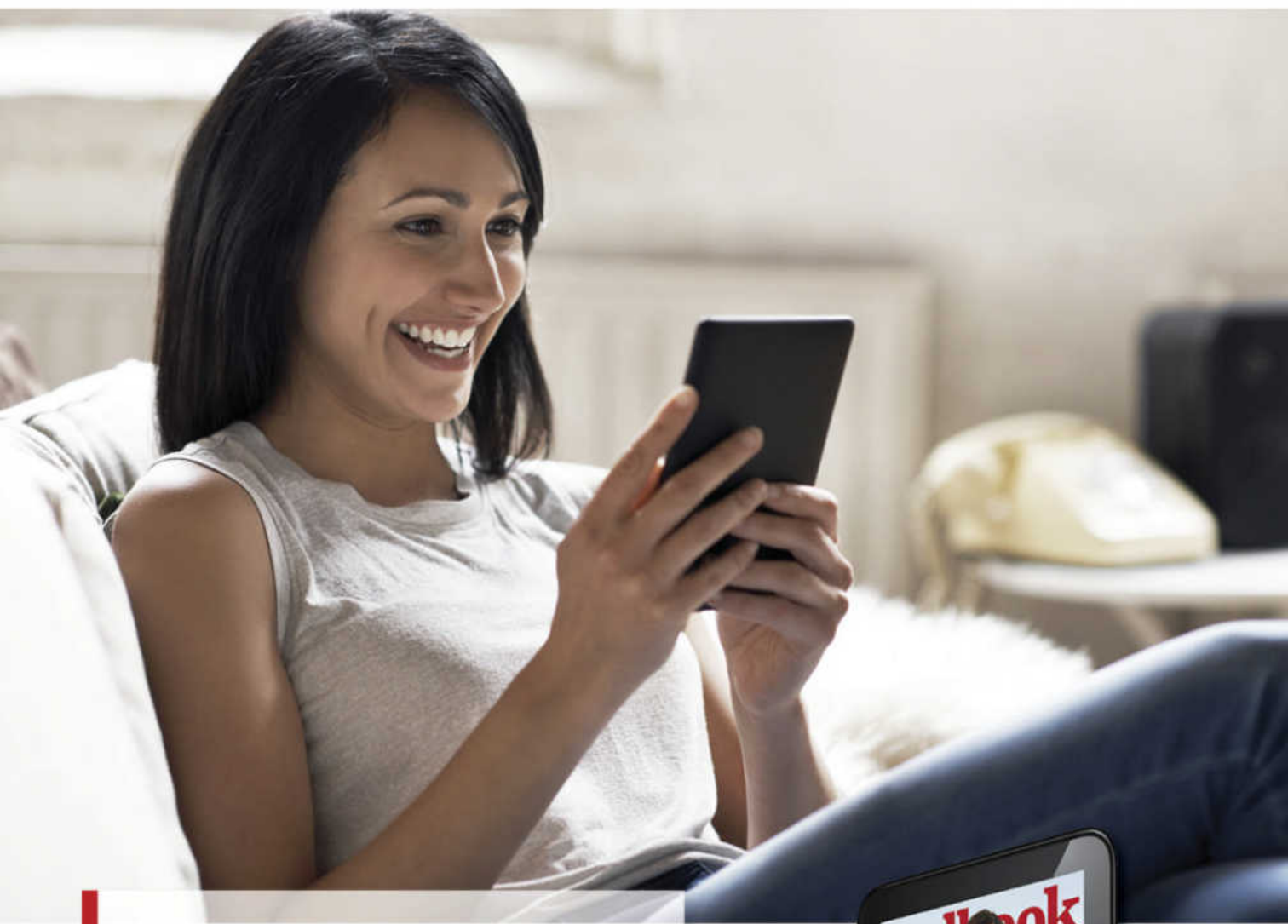


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No more boring chicken!

Jam-packed days are back, but Hungry Girl Lisa Lillien won't let you fall victim to high-calorie habits or ho-hum meals. Try her slimming takes on the chicken breast and win at dinner.

MY "CHICKEN AGAIN!"—as opposed to "chicken again?"—recipes all call for cooked boneless, skinless chicken breasts (pounded so they're even). Baking is great, but I love grilling on an indoor grill pan: The flavor is extra-good, and the calorie count is the same, about 170 per 5-ounce cutlet. Here's how I dress 'em up to keep my evenings interesting.

 **SIGN UP** for Hungry Girl's free email newsletters at hungry-girl.com to get new recipes, tips, and tricks every day.

GREEK OUT

This is the perfect blend of tangy, sweet, and salty.

You'll need: Cooked chicken breast, 3 Tbsp crumbled reduced-fat feta cheese, 2 Tbsp diced tomato, 1 Tbsp sliced black olives, 1 Tbsp chopped basil.

To make: Top the chicken with other ingredients, and serve on a bed of greens.

Per serving: 241 cal, 8.5 g fat (4 g sat fat), 36.5 g protein, 2 g carb, 0.5 g fiber.

STACK IT

I love a delicious grilled-veggie pile-up.

You'll need: Cooked chicken breast, three ½-in.-thick eggplant slices (cut widthwise from the center of a medium eggplant), 2 portobello mushroom caps (stems removed), ¼ tsp each garlic and onion powder, 1 tsp olive oil, 2½ Tbsp balsamic vinegar.

To make: Season the eggplant and mushrooms with spices. Grill until soft and slightly blackened, about 5 minutes per side. Layer them on a plate with chicken in the middle; drizzle with the oil and vinegar.

Per serving: 340 cal, 9 g fat (1.5 g sat fat), 39.5 g protein, 27.5 g carb, 9 g fiber.

PIZZA-FY IT


This has all the flavor of pizza with plenty of protein too.

You'll need: cooked chicken breast, ¼ cup canned crushed tomatoes (seasoned with your favorite spices; I like oregano or thyme), 3 Tbsp shredded part-skim mozzarella, 4 slices turkey pepperoni.

To make: Top chicken with other ingredients, give it a broil, and *mangia*.

Per serving: 270 cal, 8.5 g fat (3.5 g sat fat), 40.5 g protein, 6 g carb, 1 g fiber.

FOOD STYLIST: HEATHER MELDROM AT BIG LEO.
PROP STYLIST: PAOLA ANDREA AT ANYWAY REPS.



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A young girl with long dark hair, wearing a pink sleeveless dress with a floral pattern on the skirt and sandals, is hanging from a set of monkey bars. She is looking up with an open mouth, possibly shouting or laughing. A yellow ball is suspended in the air above her. In the background, there is a green slide and some trees. To the right of the main image, there are two smaller, partially visible images: one showing a close-up of a person's face and another showing a person's legs.

The kids may be heading back to class, but that doesn't mean the fun stops. Help your children stay healthy by balancing their busy schedules and homework with plenty of time to play. And make sure to keep first aid supplies on hand so the occasional bump, bruise or scrape won't get in the way of these great ways to get outside.



Use sidewalk chalk to draw a hopscotch board or foursquare court. Got a minor cut or scrape? Put **BAND-AID® Brand Adhesive Bandages** featuring **Star Wars** on their knee (and a smile on their face)!



Monkey Around

Let your little gymnast show off some skills on the jungle gym. To heal hurt hands, use **NEOSPORIN® + Pain Relief First Aid Antibiotic/Pain Relieving Ointment**. It helps prevent infection and provides pain relief.

Take a Hike

Explore the neighborhood or hit a nature trail and enjoy walking (and talking) together. Keep sneezes at bay with Children's **BENADRYL® Allergy Liquid**.

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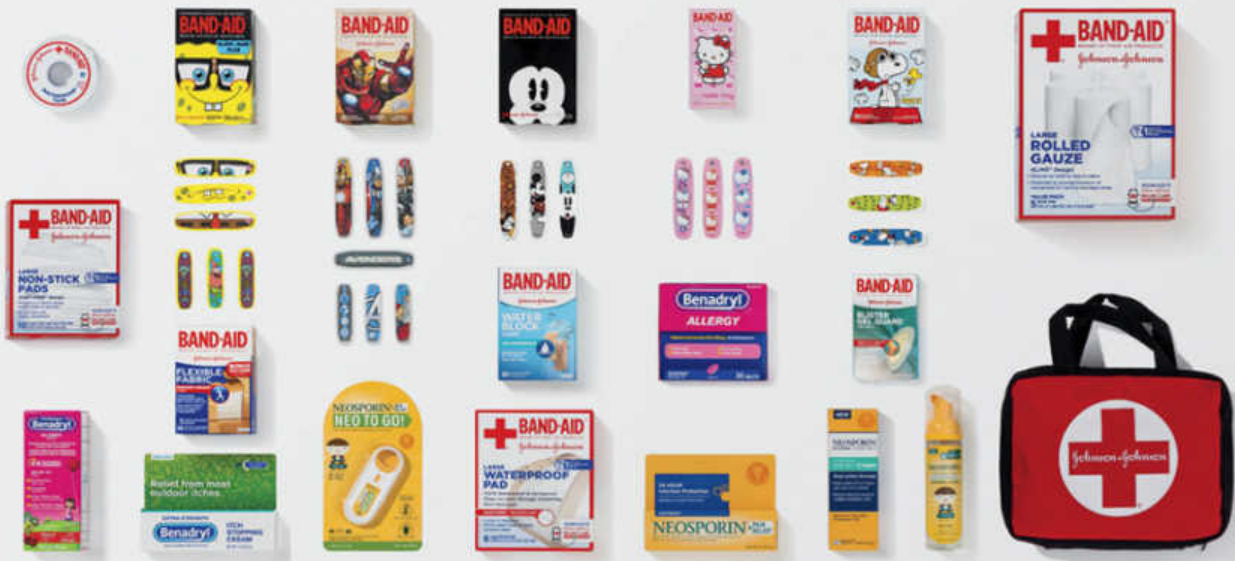


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The ultimate workout for busy women

We know: If you had time for the gym, you'd be there already. Lucky for you, this total-body workout can be done anywhere. Sneak it in, starting now. BY SUNNY SEA GOLD

SURE, I *COULD* WAKE UP AT 5 A.M. TO work out before my jam-packed day begins... but I won't. So when Juliet Kaska, owner of Los Angeles studio JK Zen Fitness and trainer to stars like Kerry Washington, promised me that even the most frantic woman could sneak in her series of Pilates- and yoga-based moves *while* doing other things, I was intrigued. I decided to give her routine a try, and asked two other busy women to join me—Cheri Osmundsen, a corporate recruiter and mother of three in Dana Point, CA, and Hope Mulholland, a fifth-grade teacher in Windham, CT. We all agreed: This is the workout anyone has time for. It's effective, too! We were even a little sore the next day. And I'm officially out of excuses.

WHEN YOU WAKE UP

Hip roll-ups

Works: core, butt, hamstrings

"Love is great first thing in the morning to stretch out the spine and activate your core." —Juliet

1 Lie on the bed on your back with your knees bent and your feet hip-width apart, arms down by your sides.

2 Exhale and count to 10 as you curl your pelvis up, slowly lifting your butt up off the bed one vertebra at a time; keep your abs engaged, your knees hip-width apart, and your back straight. Inhale and hold your position at the top. As you exhale, roll your spine back down to the bed, again one vertebra at a time. Repeat 5 to 10 times.

"This was a good way to start the day. It loosened me up and helped me feel more awake. As for my husband? He slept right through it." —Hope

"The bed felt a bit wobbly, but that just made the move more challenging. After five reps, my 17-month-old daughter, Gwen, toddled into the room asking for 'uhk!' (milk). Nice timing, honey! The burn." —Sunny



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WHILE YOU BRUSH YOUR TEETH

I'm-no-ballet-princess pliés

Works: butt, thighs, posture

"I'd also try this with your heels together—it'll squeeze and tone your inner thighs." —Juliet

1 Stand in front of your countertop or sink with one hand resting on the edge like a ballet barre. Turn your toes out and step to the side with your right foot so your feet are about shoulder-width apart.

2 Pull your belly in and tuck your pelvis so your tailbone points toward the floor. Bend your knees to squat down only as far as you can while keeping your heels on the ground; slowly stand back up. Repeat 10 to 20 times.

"It was surprisingly hard to do these two things at once, but the move itself is no joke. My legs actually felt sore the next day." —Sunny

"By this time, all three of my kids were awake and swarming the bathroom. I managed to knock these out, but I had to shake my 2-year-old son off my leg at one point!" —Cheri



AT YOUR DESK

Not-so-easy ups

Works: butt and thighs

"Make this one more challenging. Work up to holding it for a minute. See how many emails you can read before you sit back down!" —Juliet

1 Sit on the edge of your seat with your feet hip-width apart and your heels a little behind your knees. (Your knees should be bent at about 90 degrees.) Rest your hands gently on the edge of the desk.

2 Hinge slightly forward with your belly pulled in tight, then use the backs of your thighs and the muscles in your butt to lift your bottom a few inches off the chair; hold for 30 seconds, then return to sitting. Repeat two more times, keeping your back straight and being careful not to let your knees go past your toes.

"I'm not often sitting at my desk during the school day, but this was a good break from grading on the computer. I definitely felt it in my legs and core." —Hope

"I'm a runner and have really strong legs, but I could definitely feel this one. I think I'll try holding it for a whole minute next time to push myself." —Cheri



AT WORK

Wall tucks

Works: lower abs, lower back

“Radio is on the eighth floor—I take the elevator half a dozen times a day, and almost every time I do this move. It feels so good on the lower back.” —Juliet

1 Stand against a wall with your feet about a foot in front of you and your arms either straight out or down at your sides. Firmly press the back of your head and your shoulder blades into the wall as if you were trying to hold it up.

2 Pull your belly button toward your spine and use your lower abs to curl your pelvis up until the small of your back is against the wall. Hold for the elevator ride (or until the copy job is done, or whatever).

“This one is sneaky! I decided to do it at a bus stop during rush hour, and I swear no one knew that I was working out. I was wearing a flowy tunic, and your body really doesn’t move much.” —Sunny

“I didn’t love this one—it almost seemed too easy. When I’ve done sit-ups, I’ve felt it more in my abs, so I’ll be more likely to make time to do those.” —Hope

Notice the space between her back and the wall.



WHILE YOU'RE MAKING DINNER

Counter presses

Works: chest, shoulders, arms, core

“I mix things up by focusing more on your triceps—just bring your elbows in instead of bending them out to the sides. The farther your feet are from the counter, the harder this one gets!” —Juliet

1 Stand two to three feet away from your counter or kitchen table with your hands on the edge, a little more than shoulder-width apart. Raise up on your toes.

2 Pull in your abs, then bend your elbows out to the sides to lower your chest toward the counter; press back up. Repeat 10 to 20 times.

“My 9-year-old daughter looked at me like I had lost my mind when she walked into the kitchen. I said, ‘What? I’m working out!’ So happy that I’ve found a new way to do push-ups.” —Cheri

“It’s best to do these in bare feet, because if you wear socks like I did, you’ll slide all over the kitchen. Oops!” —Sunny



almonds,
cranberries
and peanuts
walk into
a bar.



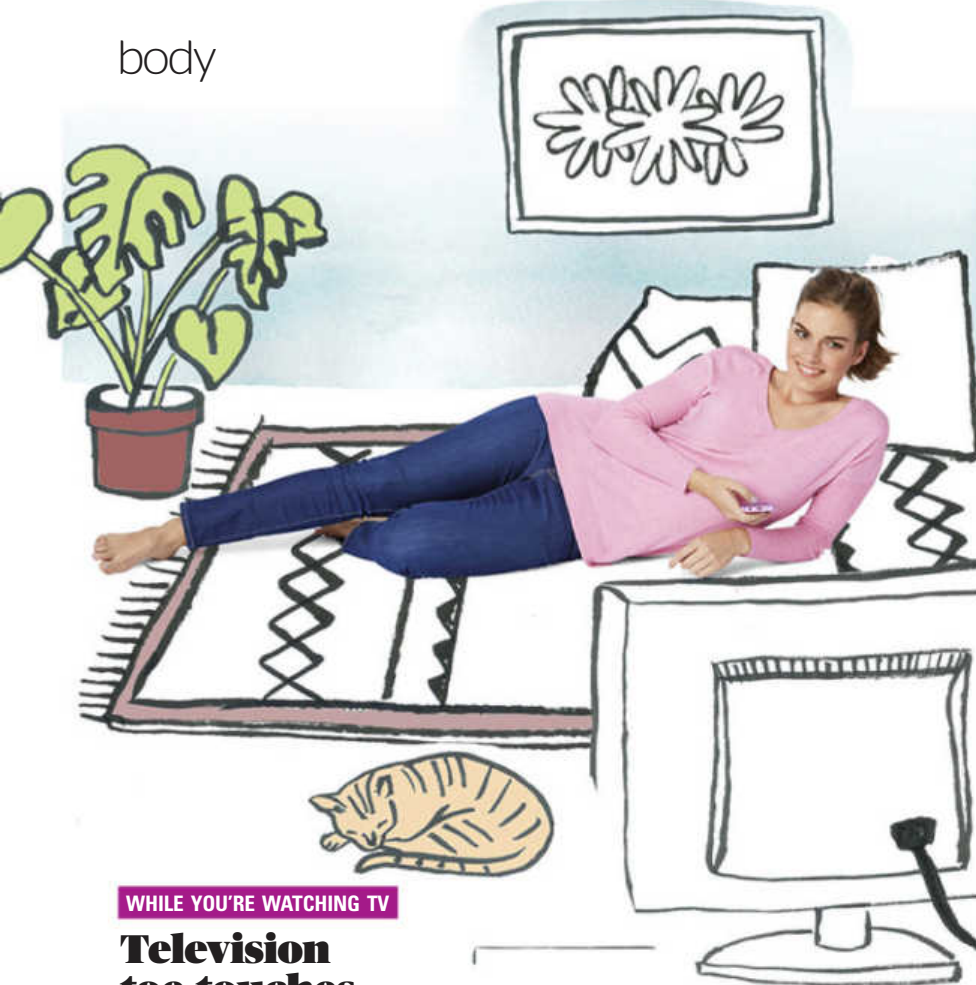
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WHILE YOU'RE WATCHING TV

Television
toe-touches

Works: lower abs

"Feel any strain or tension in your neck with this one, prop your head up on a pillow." —Juliet

1 Lie on your back with your arms by your sides. Draw in your belly and lift one leg at a time until both of your thighs are perpendicular with your body and your knees are bent at about 90 degrees. (This is also known as tabletop position in Pilates.)

2 Lower your left foot down to tap the floor, keeping your abs drawn in and your knees at 90 degrees. Exhale, pull your belly in even deeper, and lift your leg back up to meet the other one, then switch sides. Repeat 5 to 10 times.



"I'm catching up on Empire on Hulu, and there are so many commercials! Now I have something productive to do during them other than checking Facebook." —Sunny

"The whole routine was great—I really felt like I had gotten in a workout by the end of the day—but this is by far my new favorite exercise. It's challenging, but so worth it." —Hope

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A five-day, fresh-start, completely sane detox

We're not going to tell you to "cleanse" or pick up a single bottle of green juice. This is the shortcut to better health we've all been waiting for.

BY JESSICA MIGALA

SUMMER MAY BE IN THE rearview mirror, but the bloating and sluggishness that come with too many frozen margaritas and funnel cakes is not. That ends now: "Think of the fall as a fresh start—it's the perfect time to recommit to eating healthy," says registered dietitian Wendy Bazilian, coauthor of *The Superfoods Rx Diet*. Her simple plan will help you stop craving junk and start loving real food again. And the habits you form will stick with you long after this no-sweat, super-short detox ends.

GALLERY STOCK

MONDAY

Kick out the extra sugar Barbecue. S'mores. The thing so many summer eats have in common is sugar. Overindulging causes your blood sugar to spike and then crash, depleting your energy and triggering cravings, Bazilian says. That's why it's gotta go. Skip foods with added sugars (cereal, ketchup, flavored yogurt), as well as sugary drinks (soda, juice, even booze). You might be on edge at first, but eventually you'll become more resilient to *cooookies*.

Walk for 7 minutes after every meal While you work to regain control of what you put on your plate, aim to torch any extra calories with a short stroll. "Walking for just seven minutes when you've finished eating may burn up to 100 calories by the end of the day," Bazilian says. Plus, research shows that short bouts of cardio can help speed up digestion and lower your blood sugar. Trapped inside? Walk the stairs or march in place in front of the TV.

TUESDAY



Still
no extra
sugar

+



Keep
walking for
7 minutes
after meals

+

Double up on your fruits and veggies

Because from here on you'll be cutting something out of your diet, and a girl's got to eat. Replacing high-calorie foods with produce (say, by swapping the rice in your stir-fry for extra broccoli) can save hundreds of cals a day. And the phytonutrients can help repair cell damage caused by too many bad choices, Bazilian says.

+

Amp up the flavor

"We eat food because it tastes good," says Bazilian. Which means you have to make your now-healthy meals sing. Try adding an herb or spice to every dish. It'll make your taste buds happy while also cutting back on bloat-inducing salt. Bonus: Studies show that hot spices like cayenne can curb your appetite and help you better burn off a meal.

+

Nix the grains

Whole grains are healthy, but easy to overeat. Plus, your body converts carbs to glycogen, which causes you to retain water. "Taking this one thing off your plate is so simple," Bazilian says, "and you'll see an immediate payoff as you shed some water weight." You'll feel amazing at the end of the day—and that's just what you need to tackle tomorrow's new challenge.

WEDNESDAY



Still
no extra
sugar

+



Keep
walking for
7 minutes
after meals

+



Stick with
the extra
fruits and
veggies

+



Continue
amping up
the flavor

+

Drink your day You're in a much better place now—you've reined in your appetite and squashed stubborn cravings. So today, you're doing the most cleanse-y part of this detox and going on a nearly all-liquids diet. By that, we mean nutritious, *satisfying* stuff: a protein-rich smoothie at breakfast, a broth- or purée-based soup for lunch, and a hearty stew and salad for dinner (you can have solid food if it's a vegetable). Liquids are easy to digest and help your body better absorb nutrients, giving your gut a much-needed reboot, Bazilian says.

THURSDAY



Still
no extra
sugar

+



Keep
walking for
7 minutes
after meals

+



Stick with
the extra
fruits and
veggies

+



Continue
amping up
the flavor

+

Go meat-free You've heard of meat-free Mondays? We're challenging you to do it for two days. Instead of animal protein, stock your plate with plant proteins like tofu, beans, lentils, and nuts. They're just as satisfying, and unlike burgers (sorry), they're also packed with fiber, which boosts digestion and helps to keep bloat at bay, Bazilian says. "When you start eating meat again, a smaller portion will seem perfect." And that's the goal, because research shows that people who eat more plants than meat may be slimmer and healthier.

FRIDAY



Still
no extra
sugar

+



Keep
walking for
7 minutes
after meals

+



Stick with
the extra
fruits and
veggies

+



Continue
amping up
the flavor

+



Stay
meat-free

Congratulations! "You're back in the driver's seat," Bazilian says. "You have control over what you eat, when, and how much." And if you can take what you've learned this week—how to eat well without feeling deprived—you'll have more energy, better health, and a smaller waistline, not just now, but always. And you got there with more than just lemon water! Not too shabby, lady.

How almost dying saved my life

A chronic hypochondriac, Ruth Elkins lived in fear of every ache and germ. The one thing that never occurred to her to worry about was a life-threatening brain aneurysm—but (cue the irony) surviving one is what finally brought her peace.

FOR MOST OF MY LIFE, I was prey to irrational and obsessive thoughts that I'd be struck down with some vile or incurable disease. In the winter, if my glands were swollen because I was coming down with a cold, I'd be convinced I'd caught a fatal illness from a toilet seat. Walk barefoot in the park? No chance. There might be an infected syringe in the grass. I'd be lying in bed or staring out the window of a train or making dinner and suddenly I'd be overcome, paralyzed by fears I was suffering from cancer. The type would vary: Sometimes it was colon. Sometimes liver or skin. It depended where my body twinged that day, or if I had a lump or a bump to fixate upon.

Throughout my 20s, hypochondria ruled my every waking moment. Each morning, as soon as I opened my eyes, there would be a blissful peace before the cyclical thoughts started up again. That funny ache in my arm. The weird pain in my stomach. A strange feeling in my eye. *Was that a rash on my chest?* Though I managed to work as a newspaper reporter, in idle moments my obsession would bubble up, and I spent a fortune on vitamins and antibacterial hand gel.

Unlike some hypochondriacs, I didn't look for reassurance through constant medical appointments (although I did taunt myself with frantic symptom-Googleing). Instead, I fell into the avoidant set, shying away from medical TV shows, books, and articles. I went to therapy at various points, but it never really helped, and while I could manage to rationalize my way out of one imagined illness, another would inevitably appear.

What's ironic is that I never once—in all the hundreds of hours I wasted



Ruth, now 36, lives outside London with her husband.

panicking about my health—worried about having a potentially fatal brain hemorrhage. It was probably the only illness I *hadn't* thought about. And yet, at age 33, that's exactly what happened: An aneurysm (a bulging blood vessel) in my brain burst. The thunderclap headache struck early one Tuesday morning, expanding its agonizing vise-like grip across my skull. I screamed, "Help me!" at my boyfriend, Mark, and then threw up. When I could manage to talk, I told him it was probably just a migraine.

In a cruel twist, Mark had recently undergone chemotherapy for Hodgkin's lymphoma, and was lost in an exhausted, toxic fog. Of course, I hadn't imagined he'd be diagnosed with cancer, either, a few months after we'd met. But in caring for Mark as he fought cancer, a tiny part of me began to see my neuroses as unnecessary. In love with him, supporting him, I had cut through my dread and gone to his doctor and hospital appointments with him.

Now, in agony, I was admitted to the

hospital myself and told I needed an urgent operation to save my life. “You’re very lucky,” said the doctor. “A lot of people in your position don’t even make it to the hospital.” I’d had a subarachnoid hemorrhage, which meant the odds were not good: About a third of people die. Another third, those who make it to the hospital alive, suffer some kind of neurological or cognitive impairment. It is only the final third who survive unscathed. When the doctors got to me, I was still in that final third, but it was by no means certain I’d stay there.

As they wheeled me into surgery, I clasped Mark’s hand tightly. I looked at him and said, “I love my life. I really don’t want to die.”

After the three-hour procedure to seal the burst arterial wall, I was in full-on survival mode. The doctors told me the first 24 hours after the operation were the most dangerous. Spasms in the brain arteries could lead to another, potentially fatal hemorrhage. I watched the monitors that beeped and beeped around me, concentrating on keeping my breathing steady, in the hope it would prevent my blood pressure from rising too high.

Near me in the hospital, I could see a young woman, not more than 25, with a drain coming out of her skull. She had undergone elective brain surgery, hoping it would relieve the seizures she suffered from. “She’s so brave,” her dad told me. “She never complains; she just wants the best quality of life she can get for as long as she can have it.”

I finally saw the truth: Even with the worst odds, it’s your mental attitude that defines you. It was as if I was being tested. If I lived, would I go back to being held hostage by dark, miserable emotions? And, I asked myself, *Why shouldn’t I embrace a positive mental attitude?*

After leaving the hospital, my recovery was frustratingly slow. When I first came home, I could hardly walk across the street. I couldn’t deal with too much noise or too many people; I slept for much of the day. My headaches were horrific. I didn’t work for four months and only returned full-time after 12.

The author after brain surgery, optimistic at last.



I finally saw the truth: Even with the worst odds, it’s your mental attitude that defines you.”

But here’s the thing: My head was clear of anxious thoughts and obsessions for the first time in almost 20 years. Suddenly, I didn’t worry about what viruses lurked around the rim of the cup I drank from. I felt free.

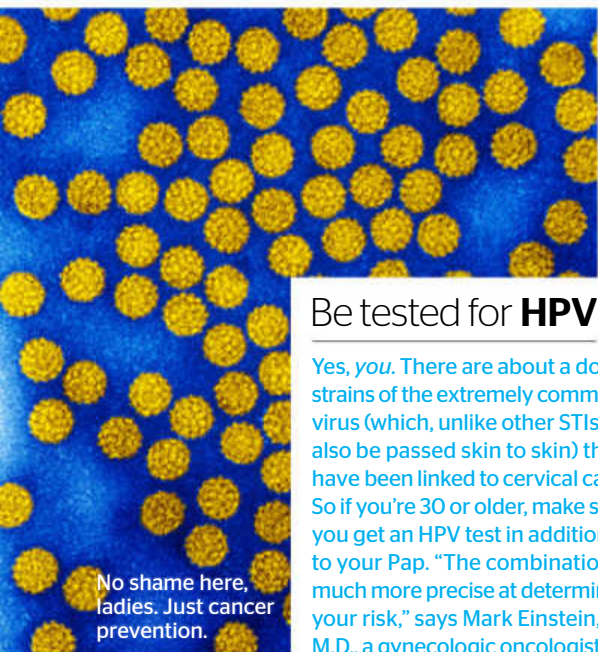
I was grateful—and I wanted to know why. What had changed? So I asked Jeremy Slaughter, a doctor of clinical psychology who treats many health-anxiety sufferers. “Essentially, what you realized is that all the hyper-vigilance to health threats had been a waste of your time,” he said, “and that all your worrying hadn’t prevented you from actually getting a health problem. The other thing you realized is that things can happen to you, but they don’t necessarily have to be bad. Mark developed cancer, but his treatment was successful. And you had a brain hemorrhage, but you didn’t die.”

This year I underwent further elective

brain surgery (a new type of stent was placed inside the artery to divert the blood away from the bit that had burst). I am now what my neurosurgeons call “medically normal.” Mark—now my adored husband—has progressed to six-month checks that his cancer is still in remission. He is well on his way to the five-year point, when his oncologists will declare him cured.

I’m not free of all anxiety (who is?), but my hypochondria hasn’t returned. I keep this saying by the Dalai Lama in mind: “If a situation is such that you can do something about it, then there is no need to worry. If it’s not fixable, then there is no help in worrying. There is no benefit in worrying whatsoever.” I spent too long focusing on what might be wrong, and not enough on all that can go right. It took almost dying to be able to realize how much I have—we *all* have—to look forward to. ®

5 simple steps to a healthier, happier you



No shame here, ladies. Just cancer prevention.

Be tested for HPV

Yes, *you*. There are about a dozen strains of the extremely common virus (which, unlike other STIs, can also be passed skin to skin) that have been linked to cervical cancer. So if you're 30 or older, make sure you get an HPV test in addition to your Pap. "The combination is much more precise at determining your risk," says Mark Einstein, M.D., a gynecologic oncologist at Albert Einstein Cancer Center in Bronx, NY. To learn more, visit foundationforwomenscancer.org.

SHOW A LITTLE GRATITUDE

In a study, heart patients who described themselves as thankful slept better and had lower levels of the inflammation that fuels cardiac disease. "Gratitude helps us feel connected to the world around us," says lead author Paul J. Mills, Ph.D., of the University of California, San Diego, and that can make you both mentally and physically stronger. Wondering how to put it into practice? Read Janice Kaplan's funny, insightful new book *The Gratitude Diaries*, in which she chronicles a year of looking on the bright side.

PUT DOWN THE FRIES



Processed foods are, in fact, addictive, according to research from the University of Michigan. Among the worst: pizza, chocolate, and French fries. So don't go too long without eating a healthy meal—your brain becomes more susceptible to the bad stuff when you're running on fumes.

Save gas (and your butt!)

A new study is the first to link active commuting with a lower BMI. "Switching up your commute, even if you only walk to a train or bus stop, is an easy way to get more exercise," says researcher Adam Martin of the University of East Anglia in Norwich, England. Just 30 minutes a day can cut your risk for heart disease, stroke, and diabetes—and make you *slimmer*.

Use cats as motivation

So sometimes your eyes wander from your work to YouTube. Now that's totally justified: A survey conducted by media researchers at Indiana University reveals that people who watch funny or adorable clips of cats are not only in a better mood right after, they also have more energy. See? You weren't procrastinating. You were just... warming up for that big meeting.





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LIFE

PHOTOGRAPHED BY The Voorhes



Get *anyone* to like you

All you have to do is crack a joke. People are more likely to open up about themselves (the first step in making friends) if you can get them giggling, a recent study shows. "Laughter relaxes people and helps them bond more easily with others," says lead study author Alan Gray, a researcher at University College London. So don't hide that sparkling wit from the cable guy, or anyone else it'd be good to have on your side.

PROTECT YOURSELF FROM BURNOUT

If “stress” doesn’t even begin to describe your nonstop life, read this.

You could be heading toward burnout. Take a deep breath: There are simple, everyday solutions to feeling calmer and more in control. And you don’t even have to chuck it all and start fresh on another, quieter planet.

BY PAULA DERROW
PHOTOGRAPHED BY THE VOORHES

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IT’S MONDAY MORNING. You’ve had a weekend to (ostensibly) unwind, yet when the alarm goes off, you don’t want to hit snooze. You want to throw your freaking phone across the room and barricade the door. The exhaustion is more than a lack of sleep—it feels mental, too, born from your never-ending to-do list. You’re not just stressed. You’re burnt out.

That term, *burnout*, has usually been associated with health-care professionals and others who toil in difficult, emotionally draining conditions. But in our overachieving era, with emails from the boss at 10 p.m., professional-level kids’ sports, and lack of wireless dead zones, that feeling of barely hanging on is rampant for other people, across all professions, too. “It’s clearly a cultural phenomenon,” says Christina Maslach, coauthor of one of the subject’s most widely respected books, *The Truth About Burnout*, and a professor of psychology at the University of California, Berkeley.

Why now? “Technology makes it much more likely that we’ll experience burnout,” says Alesandra Wall, Ph.D., a clinical psychologist and life coach in San Diego. “Burnout is complex,” adds Paula Davis-Laack, author of *Addicted to Busy: Your Blueprint for Burnout Prevention*. “There isn’t one event that causes it: Work can spill over

There isn’t one thing that sets you off—there are dozens.

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The Safeway Foundation and the Entertainment Industry Foundation are 501(c)(3) tax-exempt organizations. Photo by: Nigel Parry

to home and vice versa.” The economy factors in too, says Maslach. “There’s a real crunch in the workplace—fewer people being asked to do more work for less pay.”

Women are no strangers to excessive stress. “Women tend to be pulled in more directions than men are,” says Ron Epstein, M.D., a professor of family medicine, psychiatry, oncology, and nursing at the University of Rochester Medical Center and a leading expert in how to prevent burnout in health-care professionals. “And anyone who is giving, giving, giving and not getting much back is likely to reach a breaking point,” he says. A meta-analysis in the *Journal of Vocational Behavior* found that in any group of 1,000 workers, 80 more women than men will experience emotional exhaustion—a small number, statistically speaking, but indicative of women’s willingness to go the extra mile. “As a clinical psychologist, I see so many women, mostly mothers, who come in feeling overwhelmed, exhausted, and isolated from the demands of caring for their children, working, and taking on other roles and responsibilities,” says Claire Nicogossian, a clinical psychologist and the founder of momswellbeing.com.

/// ARE YOU SUFFERING FROM IT? ///

THERE ARE SOLUTIONS TO BURNOUT—and they don’t involve quitting your job or giving away your kids. First, though, it’s key to understand what it is: “Burnout develops when someone is dealing with a high level of stress but doesn’t have access to adequate resources, such as social support, helpful advice, feedback from friends or colleagues, or control over how they spend their time,” explains Arnold B. Bakker, Ph.D., a professor of work and organizational psychology at Erasmus University Rotterdam who is one of the most prolific burnout researchers in the field. So what does that look like in *your* world?

People who are burnt out tend to experience three major symptoms. First, there’s the soul-crushing fatigue that goes on and on, however much you sleep. It’s a feeling Kelly Gurnett, 33, of Buffalo, NY, describes as hitting a wall—and not bouncing back. “I’m a writer, and the sole earner in my family. My husband has a chronic illness, and last year I was working from home, taking care of the house, being everything to everyone. I was going on fumes for months. Then suddenly, the fumes ran out. Any curveball in my day, like a client switching a deadline, would overwhelm me.” It’s no wonder: “When you’re exhausted and sleep-deprived, it’s harder to access good coping skills,” Nicogossian explains. “That’s when you find yourself snapping at your mate or kids, overeating, feeling too tired to do daily chores, or taking shortcuts at work.”

Gurnett also describes a kind of cynicism about life, another classic element of burnout. “It got to the point where I wasn’t excited at all about the things I once cared about, like posting on my blog, which had always been my passion project,” she says. You may start to notice that you feel disengaged from activities you loved, like hobbies or plans with friends, says Davis-Laack. “You unplug from things that used to give you joy.”

Even getting through your to-do list can, ironically, lead



That empty feeling, despite a way-too-full life: burnout.

to the third major component of burnout, which is a sense of inefficacy. “You feel like, ‘Man, I’m putting in all this effort, but I’m not seeing any results or getting any recognition,’” says Davis-Laack. Jocelyn Negron-Rios feels that way *daily*. Since she had her second child, the 37-year-old executive assistant’s responsibilities at work have increased, and her husband puts in lots of late nights and travels for business. “With my 11-year-old and the preteen drama, plus a 3-year-old who never stops moving, there are times I’m overwhelmed to the point of wanting to curl up in a closet and cry,” she says. “In fact, I’ve done exactly that, just to get some quiet time.” Even though she knows she’s accomplishing a lot, Negron-Rios often feels as if she doesn’t measure up. “I can’t truly be present with anyone because my mind is going in 50 million directions at once,” she frets. “I’m constantly thinking of what I have to do so all the balls I’m juggling don’t drop.”

Unlike garden-variety stress, burnout typically can’t be



Bring what
you love to
the forefront
of your life.

cured by a weekend getaway or a few mental-health days. Researchers at Tel Aviv University found that workers with burnout reported feeling sluggish and frustrated again less than a week after returning from vacation. And it isn't the same thing as depression, which is "context-free," Bakker explains, and requires medication, psychotherapy, or a combination of the two. In contrast, you *can* pin burnout on external forces—and, fortunately, manage them to find peace in your life again.

/// THE MAGIC 20 PERCENT RULE ///

ONE IMPORTANT WAY TO INOCULATE YOURSELF against burnout may be to find little ways to create a more meaningful routine. "If you feel like you're making a difference, you're less likely to burn out," says Epstein. What's amazing is that even if the vast majority of your day is comprised of annoying or emotionally draining tasks, you can still manage to feel content, energized, and that you're

having an impact. When he studied academic physicians, "the research suggested that they needed to like only 20 percent of what they did, on most days, to feel happy in their work," says Epstein. That's a number it can't hurt for anyone to strive for. When you think about it, 20 percent isn't that hard to achieve—it's about 90 minutes in a typical eight-hour workday.

Kelly Gurnett, the Buffalo writer, upped the amount of her day that felt meaningful by "taking a hatchet" to any activity that wasn't absolutely essential—and spending the extra time on things that brought her joy. "For so long, I was focused only on work that seemed 'productive.' Either it was billable or could be crossed off a to-do, like housework," she says. "Now I let myself focus on things that are unproductive but that I care about. I'm a huge dog lover, so I foster dogs. I watch silly TV shows with my husband. I feel more relaxed and have more ideas, so it winds up helping the billable side of things, too."

If cutting things out of your day feels less than realistic, think instead about the tasks you enjoy most and figure out ways to do *more* of those, however you can. Burnout experts and positive psychologists (who study what it takes to thrive) have a name for this kind of conscious tweaking of your routine: *job crafting*. "You basically change your job without leaving it," explains Davis-Laack. And it's a principle you can put into practice whether you spend your time in an office or your job is managing your home and family. Try reordering your daily to-do's so you either begin or end with something you love, depending on what feels best for your own rhythms. If you're a people person, you might decide to schedule meetings for early in the day, to get a jolt of energy. If you're a teacher and you love numbers, maybe you want to save the math lesson for last and end on a high note. Either way, how you prioritize can make a difference in how you feel overall.

Shifting the balance of her weekly tasks helped Courtney, a 37-year-old social worker and mother of two (who doesn't want to use her last name). Though she found her work—counseling very sick people and their families—meaningful, "the sadness of the job spilled over into the rest of my life," she says. "It became hard for me to leave work at work." So she decided to split her time between running support groups for people with cancer and leading groups for new mothers. Being with the new moms lifted her. "It really helped to have something that wasn't about life and death," she says. She also credits spending time with friends and colleagues, which helped her cope with her sadness.

Making connections with others that way, as well as being a bright spot for someone else, can increase your happiness. "Think about it: If you're working at a cash register, you can re-envision your job and give yourself a goal of making customers' days happier by smiling or saying a few nice words," explains Sonja Lyubomirsky, Ph.D., a professor of psychology at the University of California, Riverside, and author of *The Myths of Happiness*. A well-known anecdote from a study on job crafting found that hospital janitors who started their day by putting flowers in patients' rooms felt much happier

and energetic. “The flowers had a huge, positive effect on patients, which in turn gave the janitors a boost of energy,” says Davis-Laack. In a similar vein, you might be able to get that boost by mentoring a younger coworker or bringing a mom friend with the blues a cup of coffee at the playground.

/// KEEPING YOURSELF SANE ///

MAKING TINY CHANGES IN YOUR THINKING and your daily habits can also make a huge difference in how you feel when the alarm goes off. “Learning how to notice small signals—a knot in your stomach, tension in your neck—then counteracting them with informal, mindful moments can go a long way,” says Epstein. In a 2012 study he coauthored, he found that doctors who learned to do mindful things like sharing a positive personal experience from their day with someone or tuning in to their emotions and physical sensations felt more engaged as they worked. What that means for those of us who aren’t M.D.’s: When you find yourself getting irritated at your kid for no reason, instead of plowing on to the next task, force yourself to pause. Take a deep breath. Acknowledge that you’re feeling stressed. Eventually, that mindfulness will become more automatic, and will keep you from feeling overwhelmed in the first place.

Granted, eking out time to relax is hard when your head is about to explode. Take baby steps: Instead of rolling out of bed, making coffee, checking email, and throwing in a load of laundry before hustling the kids off to school, keep your door closed for five minutes and write in a journal or do a few yoga poses. “Starting your day this way helps you get centered, which is when you’ll end up doing your best work,” says Joan Borysenko, Ph.D., author of *Fried: Why You Burn Out and How to Revive*. “Too many women say, ‘I can’t afford to *be*, because I’ve got stuff to *do*!’ But if you put yourself in a place where you’re not trying to do anything but be present, you’ll increase your level of brilliance.”

Hitting pause can give you the space, energy, and tools you need to figure out that it’s time for a change. “Women are running around so much that we don’t take the time to really back off and look at our lives,” says Borysenko. To avoid those closeted crying sessions, Negron-Rios says that every so often, she takes a step back. “I let the balls drop for a moment and get into a good book. Or I leave work at the office and vow not to log in after hours so I can really be at home.” That’s smart, says Epstein: “Making small commitments to do things for yourself that are mindful, like focusing on your lunch instead of looking at a computer screen while eating, can be more important for your state of mind than taking a weeklong vacation. Enjoy your lunch. Be in the present.”

It can also help to make a conscious effort to talk about experiences that have gone *well* in your day. “It’s the opposite of venting,” says Epstein. If you work, you could tell a coworker about a positive interaction you had with a client instead of piling on the complaints. For a frazzled mom,

WHAT’S YOUR BURNOUT RISK?

HERE’S HOW WE SEE IT:

If you’re extroverted, you may be... BURNOUT-PROTECTED /// Outgoing types are better able to resist the downward spiral of burnout, possibly because they get more support from friends, according to Arnold Bakker, Ph.D., a leading expert on burnout. Still, you might need alone time, too. Research also suggests that a dose of quiet can make you feel less spent. For instance, if you’re frazzled, take a 30-second walk down the hall, slip into an empty conference room, and do some work there.

If you’re a perfectionist, you may be...

BURNOUT-PRONE /// You might kick butt at a job but also find yourself hurtling toward the fryer. “If you’re always wanting to take on more, you’re likely to end up mentally exhausted,” says Ron Epstein, M.D. Try to recognize when your perfectionism isn’t helping (do you really need to triple-check a work email or fold your kid’s underwear?) and give yourself permission to back off.

If you identify too closely with what you do for a living, you may be...

BURNOUT-PRONE /// “What you do isn’t the totality of who you are,” says media mogul Arianna Huffington, author of *Thrive*. Make time for what you love outside the grind, whether that’s doing yoga, blogging, or making your friends laugh. “Confusing what you do with who you are,” says Huffington, “eventually leads to choices that are antithetical to flourishing.”

If you take steps to change a bad situation, you may be...

BURNOUT-PROTECTED /// “Engaged people change a situation at work or home when they don’t like it,” says Bakker. “That’s how they *stay* engaged.” That might mean asking to take on new tasks when a job gets boring, or asking friends for help when you’re feeling down.

that might mean telling a friend that you’ve finally gotten your child on a regular nap schedule, or recounting to your spouse the most adorable thing your kid did that day. The key is sharing those positive moments with people you trust, because research suggests that developing high-quality relationships is one of the best predictors of well-being. “If there are a few people you can talk with in an authentic way, you won’t feel as exhausted and drained,” Davis-Laack says.

In a culture where many of us feel like it’s normal to always have our game face on, to constantly be available (if not to a boss, then to our kids), making these kinds of mindful choices can feel like a huge challenge. But when it comes down to it, there’s no way you can be a good colleague, an effective worker, not to mention a caring person, if you don’t give yourself permission to do the things that are meaningful to *you*. Or to do nothing at all, at least for a few minutes a day. “Even if I feel I don’t have time, when I make myself go out with friends or pick up that book, somehow the chaos eases,” says Negron-Rios. You deserve that kind of peace too. Let yourself find it. **®**

[WE LEARN FROM HER]

Save a crayon, save the world

On average, teachers spend about \$945 of their own money on classroom supplies. Sheila Michail Morovati's ingenious idea helps them keep their cash, puts crayons in underprivileged kids' hands, and benefits the planet, too.

BY JESSICA PRESS



WHEN SHE CLOSES HER EYES, Sheila Michail Morovati can still hear the squeals of delight from the children she encountered on a street in Mexico nearly 30 years ago. "I was around 9 years old, on vacation with my family. After leaving a restaurant with small toys and a balloon from the hostess, I was suddenly surrounded by 15 or more local kids, clamoring for these gifts. My mother whispered, 'You'll just get 10 more minutes of fun with these, but they'll have weeks of joy with them, so hand them over.'" Ever since that day, Sheila, now 37, has had a keen sensitivity to the disparities among children around the world, an awareness that, in part, led her to study sociology at UCLA. But it was having a child of her own that helped her discover her mission.

"Five years ago, when I took my then-2-year-old daughter to restaurants, I started noticing that the free crayons we left behind were swept into the trash," she says. She was struck by the wastefulness, so she approached managers at the restaurants she frequented in her hometown of Los Angeles, asking if they'd be willing to collect crayons after diners left. Then she reached out to Title 1 schools—those with a large portion of children who come from low-income families—asking if they'd want to arrange to pick the crayons up once a month. She was met with a resounding yes on both sides, ultimately convincing chains like Islands Restaurants and California Pizza Kitchen to come on board. And when the schools started to say they had too many crayons after a few months of donations, Sheila forged a relationship with the National Head Start Association (NHSA), which aids more than 2,800 preschool programs that welcome donations for their classrooms as well as for children to



Sheila reading to kids during a recent drop-off (above), and one of the students enjoying the new batch of art supplies (left).

take home. In 2013, Sheila officially founded the nonprofit Crayon Collection; so far it has helped to relay millions of crayons to children in the United States and as far away as Hong Kong, Beijing, and Australia.

"Some of our students come from homes that don't have any art materials—they're just not in the budget. And it's amazing to see their faces light up because of something as seemingly simple as holding and using a crayon for the first time," says Gail Pinsker, a community and public relations officer at Santa Monica–Malibu Unified School District. Crayon Collection's impact is transformative, she explains: "Because of Crayon Collection, children who are shy at first begin to open up and build confidence in and enjoy their work, thanks to these powerful tools of self-expression."

WHAT YOU CAN DO

START COLLECTING. Set up a crayon drop-off at your kid's school, or ask local eateries to put theirs aside. Locate schools in need with Crayon Collection's school finder.

DONATE. The organization is looking for funds to develop an awareness campaign that encourages better-served schools to pitch in.

SUPPORT OTHER CHILD-FRIENDLY ORGANIZATIONS. "I recommend NHSA, of course, and Baby Buggy, which donates gear to low-income families," says Sheila.

RICH POLK



DON'T DENY YOUR DRY EYES

It may surprise you that if you're experiencing any of these symptoms, you may have **Chronic Dry Eye disease**:

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- ▶ **Watering eyes**

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Maybe money can't buy you love, but studies say that if you spend it in the right ways—specifically on things that fulfill you emotionally—it can boost your joy. So we asked REDBOOK readers and finance pros to tell us about their most fulfilling purchases. Let their ideas inspire *you*.

BY MELISSA WALKER

FANCY COOKING INGREDIENTS

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"My husband and I have always enjoyed eating well in restaurants and at home. But when we had kids, cooking became about getting food on the table efficiently, and restaurant outings happened rarely—okay, *never*. I realized we were saving a lot of money by eating in all the time (\$50 to \$100 a week), so I gave myself an extra \$20 at the grocery store to spend on luxe ingredients. Now I buy better cuts of meat, gourmet pantry items, and the best chocolate I can find, and I look forward to dinner as a treat, not a chore. Adding flaky sea salt or preserved lemon to a dish makes a difference in the flavor of the meal, and it's so satisfying to feel like I'm feeding myself and my family well."

—Curry Walker, 37, San Francisco

A PERSONAL COFFEE MACHINE

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"I work full-time as the CFO of a global investment firm, so finding a work/mom/me-time balance is challenging. When I'm asked 'how I do it,' I think of my bathroom Keurig Mini. (I know how funny that sounds, but hear me out!) I keep it in my bathroom so I can get caffeine *before* my three wonderful kids know I'm awake. I aim to buy things that bring utility and joy—my Keurig does that. So if you've got \$100 to spend, use it on something that makes life easier and therefore happier. Do a gut check and ask yourself: 'Is this my bathroom Keurig?' If the answer is yes, I say buy it!" —Sharon Kedar, Washington, DC, coauthor of *On My Own Two Feet: A Modern Girl's Guide to Personal Finance*

Helping out strangers

\$200

"When my car got towed, I was stuck in an impound lot on a freezing winter night feeling grumpy and sorry for myself. But then I saw three teenagers in tears because they didn't have the \$200 to get their car out. I track my money closely, but I have a rule when I see people in need: If I know my checking balance and I can spare the money to change their day, I give it to them. So I took \$200 out of a nearby ATM and paid for their car. The joy that came from my spur-of-the-moment act far outweighed the money—they were all screaming with happiness. It was a bright way to end an otherwise dreadful night."

—Amanda Steinberg, Philadelphia, CEO of *dailyworth.com*



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"While I was sightseeing in Rome with friends, we saw a beautiful gelato shop. Customers were piling their cones high with luscious flavors and topping them off with cute flags, Eiffel Towers, and curlicues. We started loading up on decorations, excited as schoolgirls. But when we went to check out, each cone was \$25—shocking! You can't return an ice cream cone, so we all just giggled, paid, and ate them up. Now it's one of my favorite memories, worth way more than what I spent, and it's a personal example I always give people: Allow for a little spree money even when you're on a tight budget. It's important not to feel strapped all the time, and the occasional indulgence can help you enjoy the moment."

—Chellie Campbell, Los Angeles, author of *From Worry to Wealthy: A Woman's Guide to Financial Success Without the Stress*

A va-va-voom photo shoot

\$600

"To celebrate a birthday in my late 40s, I wanted to do something to remind myself that I'm not old. Usually I'm picky about photos of myself (I see the flaws: the weight, the gray hair, the wrinkles, the gap in my teeth). So I thought, *Why not get photos taken with my hair, makeup, and clothes all done by pros?* I wanted a memento to say, 'Yep, I'm 48, and I'm pretty darn fine.' I love them. I look happy and confident. It's easy to listen to the cultural voices that say my age is too old, my weight is too high, my smile is imperfect. These photos say to me that the woman I am is enough."

—Elizabeth Burns, 49, West Long Branch, NJ

AN ELECTRONIC KEYBOARD

\$289

"I played the piano as a child and enjoyed it immensely, and as an adult I've missed it. So a few years ago, I bought a 76-key electronic keyboard that plays like a piano for less than \$300. When I walk into a room and see it there, I smile. Playing it helps me decompress because it engages my brain in a different kind of thinking than my work life requires. Just having the option to play adds a new element to my day—one that feels really positive. Music is a pretty inexpensive mood booster in general, but I think spending on anything that ups your creativity is bound to pay you back in happiness."

—Laura Vanderkam, Philadelphia, author of *What the Most Successful People Do Before Breakfast*

CUTE WORKOUT GEAR

\$13

"When I do exercises like jump squats, I want everything held firmly in place so I can concentrate on my workout (not my jiggle). I bought a pretty pair of Danskin performance capris that I love because they have an extra lining for tummy control. They're sleek and flattering, and seeing myself in them empowers me to meet my fitness goals. If it takes less than a \$20 bill to make me more comfortable with my body and more inspired to work out, why wouldn't I spend it?"

—Brandy Yearous, 39, Nampa, ID

A fresh bouquet of delphiniums

\$5

"Every Wednesday I ride my bike to a farmers' market, where I often use a little pocket money to buy a \$5 bouquet of flowers. Recently I bought some delphiniums for my desk. They are beautiful, tall, and graceful. Having them there makes the space feel cheerier and helps me remember to smile. Plus, the color! They're an intensely dark blue that's vibrant and soothing at the same time. *Perfect.*"

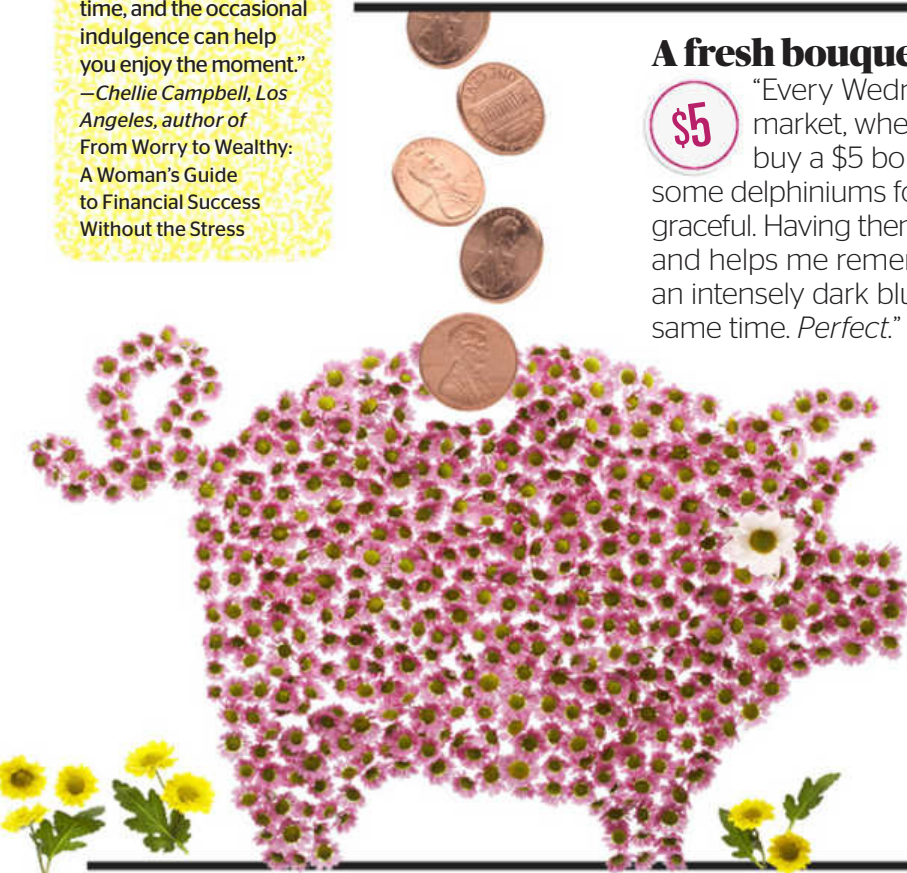
—Amy Waldman, 56, Milwaukee

A CHEERFUL HOME

\$119

"I love my hot yellow 'martini' side table from West Elm. It brightens my apartment, and I love having a spot for my mug and books. I see that table every night before I go to bed and every morning when I get up—and every time I look at it, it's all sunny days and positive thoughts in my brain. It also seems to make other people happy: Friends always comment on it when they come over, and it's my most popular photo on Instagram."

—Kimberly Clark, 40, New York City



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A no-bells-and-whistles bike

\$175

"I bought a bicycle with a child's seat for \$175. It brings me such bliss! With two young kids, I often feel burdened by the carloads of stuff I drag out with me (strollers, water bottles, diapers). The bike is so simple—no extras besides helmets—and it makes me feel so free. My 2-year-old daughter loves it too, which only adds to my happiness. She'll say, 'Let's go for a ride, Mommy!' and I smile. Research suggests that exercise and being outdoors elevate mood and energy, and my rides are proof of that: If my daughter is cranky or I'm in a funk, a quick bike ride puts us both in a better emotional place. That's worth way more than a couple hundred to me!"

—Jill Weber, Ph.D.,
Washington, DC, a licensed
clinical psychologist
specializing in families
and marriage



BROADWAY TICKETS

\$1,000

"I don't spend money on shoes or purses, but my can't-help-myself splurge is Broadway shows, to the tune of about \$1,000 a year. I will spend anywhere from \$79 to \$150 on tickets per person, and I like to bring a family member or a close friend with me. I grew up listening to Broadway cast recordings, and fell in love with stories told through music. Seeing them live takes me to another place—one I can keep revisiting by listening to the recordings again later. Next up: I just bought tickets to see *Fun Home*, a Tony award-winning musical. Tickets were \$98 each for me and my 16-year-old daughter; we've been singing the songs for over a year! This is a gift that I love to share, and one that definitely lasts." —Amanda Malloy Marrone, 49, Shelton, CT

A CLEANING SERVICE

\$100

"Do you know how rage-y I feel after I wipe down the kitchen and then take another look, only to realize I missed piles of crumbs or dirt? It's not pretty. So I decided to hire a cleaning lady who comes every other week for \$100. She does the deep-cleaning: the floors, bathrooms, and kitchen—and not only does she do it better than I do, she saves me hours of time (and negative feelings). It's hard enough to be a working mom and keep the house tidy on a somewhat-daily basis; this gives me more time to spend with my kid and my husband, who are total happy-makers." —Claire Zulkey, 36, Evanston, IL

A RESCUE DOG

\$150

"We rescued my corgi, Waffles, for \$150 about two years ago, and he brings me happiness that is priceless. He's my constant companion! I struggle with anxiety, and during those moments when I feel frustrated or overwhelmed, he puts his head on my knee to reassure me that everything will be fine... and then he rolls over so I can repay him in belly rubs. For a fairly small sum of money, I saved a life—and he saves my sanity." —Rebecca Low, 36, Frisco, TX

SOUVENIR JEWELRY

"Waiting to board a flight back to the U.S. after being

\$8

in South Africa on an amazing ministry trip, I spotted a pair of blue and green locally made earrings in an airport store. I'm not one to impulse-shop or buy souvenirs, but these had my name written all over them. I've worn them countless times since, and when I look in the mirror wearing them, I fondly recall that first trip halfway around the world, and the beautiful country I fell madly in love with."

—Crystal Paine, the founder of MoneySavingMom.com and author of Money Making Mom (out in November)

Little affirmation stones

\$1 EACH

"I recently gifted small rocks engraved with the word *strength* to each of my addiction and trauma-recovery clients. They cost about a dollar apiece, but the value to the recipients and myself was priceless. It's not about what I bought or spent—it was sharing them that brought us joy. Encouraging another person through a small gift or kind words can do wonders for our own happiness levels."

—Lisa Cybers Kamen, Los Angeles, author of *Are We Happy Yet? Eight Keys to Unlocking a Joyful Life*

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Your fall weekend getaway planner

Skipping town for a whole week may not be an option, but a few days with the people you love can be just as good—less to pack, more fun per minute. So grab your spouse (or BFF, or the whole family) and ditch town for one of these awesome, budget-friendly destinations.

BY KRISTI VALENTINI

COUPLES

Nope, being asleep in the same room does not count as quality one-on-one time. Whether your idea of romance is a scenic hike or sharing a delicious meal, there's an off-the-beaten-path spot for the pair of you.

COEUR D'ALENE, IDAHO

DO: Since this summer resort town (about 40 minutes from Spokane International Airport) quiets down in the fall, you two can enjoy the postcard-perfect sparkling lake, mountains, and lush green forest without the annoying crowds. Pack some layers, since fall temps can get as low as 35 degrees at night, but expect sunny days to get up to 72. Rent a bike (from \$35; cdaadventures.com) and ride a portion of the paved **Trail of the Coeur d'Alenes**, which passes through rolling farmlands and skirts the shorelines of Lake Coeur d'Alene for over 70 miles. Keep an eye out for wild turkey, deer, and moose. You can also ride the **Centennial Trail**, which hugs both the Spokane River and the lake, and make a stop at **Higgins Point**, a great place to spy eagles. Although the massive birds can be seen year-round, their numbers swell between November and January as they come to feast on the lake's salmon. To soak in views at a more

leisurely pace, take a stroll on the **world's longest floating boardwalk**; you'll hover over the lake's surface for more than half a mile. And stop by the **Art Spirit gallery** in the downtown area to see paintings and sculptures from regional artists. In October, you can also check out the concerts, dance workshops, and more that are part of the annual Art From the Heart celebration.

EAT: In the morning, hit **The Garnet Café**, a popular breakfast joint with delicious omelets. Later, find a cozy spot at **The Cellar at 317 Sherman** restaurant and wine bar, where you can listen to live blues (try the bouillabaisse or the bone-in pork rib eye, both terrific). And do *not* miss the wine-tasting machine, from which you can sample 24 regional varieties by the taste, half-glass, or full glass.

STAY: **Greenbriar Inn** (from \$115; greenbriarlodging.com) is a

restored historic home with a martini bar that plays live music until 9 p.m.

The Roosevelt Inn (from \$110; therooseveltinn.com), a 1905 schoolhouse turned B&B, offers a gourmet breakfast and comfy rooms with no TVs—so you two can focus on each other, not your usual third wheel, Olivia Pope.

GREENVILLE, SOUTH CAROLINA

DO: This Southern city seems designed for couples: The variety of things to do will keep you both smiling—and provide conversation fodder for a *long* while. If you arrive early on Friday (the city conveniently has its own international airport), take a guided tour of the **BMW factory** (\$20; open weekdays with reservations; bmwusa.com), and covet the "art cars" at the adjoining museum. On Saturday, see the



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as much as you would like to play their

ZOMBIE APOCALYPSE

video game



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An afternoon snack you Mix, Heat and Eat.



largest public collection of watercolors by the iconic American artist Andrew Wyeth (for free!) at the **Greenville County Museum of Art**. Then head to the **Village of West Greenville**, a historic mill town where more than 30 artists display their works. Get your outdoors on by hitting the **Swamp Rabbit Trail**, which hugs the Reedy River and goes past Falls Park, home to a pretty waterfall and a 355-foot pedestrian suspension bridge. Consider renting a bike (from \$20; reedyrides.com). End your day by sampling fancy moonshine and flavored whiskeys at **Dark Corner Distillery** (\$4; darkcornerdistillery.com).

EAT: Gastropub **Bacon Bros. Public House** makes a pimiento cheese dip topped with bacon jam that's pretty much Southern food nirvana. Also try their charcuterie, BBQ, and awesome cocktails. On Main Street, **Sassafras Southern Bistro** turns out huge portions of traditional South Carolina fare (shrimp and grits, anyone?) in an old cigar warehouse. Just brace yourself for the food coma.

STAY: **Pettigru Place** (from \$140; pettigruplace.com), a regal brick B&B downtown, has English gardens

and a heavenly breakfast (ah, the gingerbread pancakes and Cajun poached eggs). For an Ikea-meets-Daniel Boone retreat, book a mod room at the **Swamp Rabbit Inn** (\$150; swamprabbitinn.com). Cook your own breakfast with groceries that they supply—go ahead and tell people you roughed it.

ALBUQUERQUE, NEW MEXICO

DO: Known for its **hot-air balloon** → **fiesta** that launches 600 basketed balloons into the sky each autumn (October 3 to 11), this desert town also happens to be the U.S. center of flamenco dancing. Start your Saturday with a lesson at the **National Institute of Flamenco** (\$12; nationalinstituteofflamenco.org)—a must if your wedding was the last time the two of you shared a dance. Then wander through the pueblos of **Old Town**, the original city, that dates back 300 years. Want another excuse to cling to each other? Visit the **American International Rattlesnake Museum**, where you'll see plenty of live specimens. At night, cruise the kitschy

Route 66, ablaze with vintage neon lights, then zip up to the **Apothecary Lounge**, a rooftop bar that serves up killer cocktails and panoramic views. Admire the amazing Spanish-influenced architecture of **San Felipe de Neri**, a historic Catholic church. And before you leave town, be sure to take the tramway (\$20; sandiapeak.com) to the top of the **Sandia Mountains** for a breathtaking view of the entire city.

EAT: Grab tasty tacos and *horchata* (a → sweet, milky drink) on the cheap at **Taqueria Mexico**, a downtown hole-in-the-wall where locals line up at lunchtime. For a proper date-night atmosphere, have dinner on **El Pinto Restaurant's** patio surrounded by lush gardens. Try one of their traditional New Mexican dishes that showcase the local chile.

STAY: **Hotel Andaluz** (from → \$159; hotelandaluz.com) is a contemporary boutique hotel that contains a popular tapas restaurant and a casbah-style lobby. Or try **Bottger Mansion** (from \$119; bottger.com), an absolutely adorable B&B in the heart of Old Town.

GIRLFRIENDS

There's nothing like catching up with your best friends, away from your families, your jobs, your S.O.s... *phew!* Consider this trip a throwback to your slumber-party days, but now you can finally eat whatever you want and stay up past 10 p.m.

LAMBERTVILLE, NEW JERSEY

DO: Just an hour from → Newark International Airport is this charming village with a vintage-shopping hot spot: the **Golden Nugget Antique Flea Market**, where vendors sell World War II posters, 1920s lamps, costume jewelry, and so much more you'll need to pack an empty bag to haul it home in. The best day to shop is Sunday, but you can gear up on Saturday at the town's huge antiques center, **The People's Store**. There are 45 mini shops on four levels of a lovely landmarked building. When you're shopped out, drive over a short bridge to New Hope, PA, and visit



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energy



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life

Bowman's Hill Wildflower Preserve (\$6; bhwp.org), home to 800 plant species native to the region, plenty of which you can still see in the fall. On your way out of town, stop at **Solebury Orchards** to take home freshly picked apples.

EAT: Refuel with a tasty sub—we suggest the mouthwatering Sicilian porchetta—at **Annie's Gourmet**. For dinner, get a table at **Brian's** (\$50 for three courses), a casual, cash-only BYOB restaurant that serves elegant French cuisine. Then you can catch up all night at **The Boat House**, a quiet (no NFL games here), nautical-themed bar.

STAY: Hotels in this area are on the pricier side, but the **Lambertville House** in historic downtown (from \$190; lambertvillehouse.com), whose rooms have Jacuzzi tubs and fireplaces, is worth the pennies. Or stay at the **Courtyard Ewing Princeton** (from \$169; marriott.com) in nearby Ewing, NJ, where there's room to spread out.

CALISTOGA, CALIFORNIA

DO: This quiet town in the middle of wine country (about an hour and a half from Oakland International Airport) doubles as a rustic spa retreat, a perfect pairing for a weekend with friends. Book a mud bath at **Indian Springs Resort** (\$95; indianspringscalistoga.com) and feel your stress levels sink to an all-time low. The price includes a dip in a mineral bath and a session in the eucalyptus-scented steam room. Then walk through the Old West-style downtown and stop in **Carmel Gallery** to see gorgeous photos of the surrounding wine country, or **Ca'Toga Art Gallery** for ceramics and sculptures. Wineries along Highway 29 (the main road between Calistoga and Napa) can get packed on the weekend, so head to the less-crowded family-run wineries near town like **Lava Vine** (\$10 for tasting; lavavine.com). On Sunday, take a scenic drive on **Silverado Trail**, a winding path from Calistoga to Napa through rolling hills and vineyards. Or stretch your legs with a 4.5-mile hike on the Coyote Peak loop trail at **Bothe-Napa Valley State Park**, where you can view forested valleys and Mount St. Helena.

EAT: Order the seriously good eggs Benedict with kale and pastrami for brunch at **Sam's Social Club**. Later, do dinner at **Calistoga Inn Restaurant**, where you can enjoy house-made gnocchi on the patio by the Napa River.

STAY: **Carlin Cottages** (from \$130; carlincottages.com) are private little houses with plenty of room for a group. The site has a hot springs mineral pool, too. Or opt for the sleek rooms at **Dr. Wilkinson's Hot Springs Resort** (from \$195; drwilkinson.com) that give you easy access to an on-site spa.

BOULDER, COLORADO

DO: Head to this beautiful city if you're a group that can't sit still. (Consider the 45-minute ride from Denver International Airport a chance to rest up.) Start out easy with a morning jog on the paved seven-mile **Boulder Creek Path**, which runs right through town. If you're feeling adventurous, opt for **Enchanted Mesa Trail**, a mountainous hike through pine forest and meadows with lovely views of the Boulder Valley. At the trailhead, stop in at **Ranger Cottage** and ask for ways to add on loops and other trails to make the trek as long (or short) as you like. Another sporty idea: Head 30 minutes outside of town to ride horseback through the mountains (from \$35; coloradowildernessridesandguides.com). Or get in some retail therapy by strolling down the brick walkways on **Pearl Street**, home to sweet independent boutiques, bookstores, and cafes. Rehydrate after back-to-back activities with a free tour (and samples!) at the **Celestial Seasonings tea factory**. Cap it off with a low-key girls' night at **License No. 1**, a historic speakeasy with live music and DJs.

EAT: For lunch, point yourself to **Riffs Urban Fare** on Pearl Street, a great farm-to-fork restaurant. Order apps to share (the flash-cooked Brussels sprouts are the specialty), but save room for the amazeballs bittersweet chocolate brownie. At night, try **Blackbelly Market**, which has a meat-and-cheese shop in the front and a sleek restaurant in the back; they cook up organic veggies, pork, and lamb from the market's own farm.

STAY: Book a roadside log cabin at **Foot of the Mountain Motel** (from \$99; footofthemountainmotel.com). It's just blocks from Pearl Street and hiking trails. Or go higher up and stay at the new **A-Lodge** on Fourmile Creek with a hot tub, a cozy den, and a bike path that goes straight downtown (from \$119; a-lodge.com).



FAMILIES

These turn-off-the-screen-worthy trips are just what your kids didn't even know they needed. Happily, they're all parent-friendly, too.

FRANKLIN, NORTH CAROLINA

DO: If your kids consider random rocks and flowers to be treasure (even if your washing machine doesn't agree), take them to the "Gem Capital of the World" so they can hunt for next year's Mother's Day gift. Fly into Asheville Regional Airport (an hour's drive away), then make your first stop the **Gem & Mineral Museum**, housed in a 19th-century jailhouse, to see some big wins, like a two-pound ruby found locally. Next, head to one of 10 area mines; our favorite is the **Old Cardinal Mine**. After filling up a \$5 bucket with mined dirt, kids actually have a shot at unearthing rubies, sapphires, and semiprecious stones. One recent visitor discovered a 40-carat sapphire!

At other mines, you can hunt for emeralds and garnets and even pan for gold. If you can tear your brood away from the mines (warning: It gets addictive once you find something good), drive east on the 61-mile **Mountain Waters Scenic Byway** to wade in (and make your kids laugh at the name of) **Bust Your Butt Falls**, 10 miles from town. And consider driving another three miles to a trailhead for the Appalachian Trail, where you can hike 1.4 miles (each way) to **Wesser Bald Lookout Tower**. The 360-degree view of the fall foliage is gorgeous, and kids will dig the climb up to the tree-house-like tower. Finish your weekend on a high note at **Highlands Aerial Park**, where adults and kids as young as 5 can run from tree to tree on suspension bridges and zip lines of varying lengths (from \$25; highlandscanopytour.com).

EAT: While a cash-only restaurant that's open only for lunch doesn't sound super-convenient,

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life

Cash's Smoke House's slow-roasted, hickory-smoked ribs, pulled pork, and brisket are completely worth it. For dinner, order burgers and shakes at **Motor Company Grill**, a fun 1950s-themed diner.

STAY: Put your little prospectors to bed in the roomy suites at **Cat Creek Lodge**, complete with kitchens and screened-in porches (\$149; catcreeklodge.com). The **Microtel Inn & Suites** (from \$69; microtel.com) is ideal for those looking for super-affordable clean rooms and free breakfast.

LINCOLN, NEBRASKA

DO: This city is a great place for kids to learn and still have amusement-park-level fun—sans the nausea. (Fly right into Lincoln Airport and avoid any car-related queasiness too.) First, spend time at the **Lincoln Children's Museum**, where fidgety hands can touch and play and even climb into a propeller plane. Then visit the **University of Nebraska State Museum**, home to an impressive collection of woolly mammoth fossils and a cool planetarium. Animal fans will spot bison year-round at the 668-acre **Pioneers Park and Nature Center** on the outskirts of town; deer and elk can be found by hiking the park's trails. And a visit to the **Museum of American Speed** is a must for car lovers with or without a license. You'll fawn over antique Mustangs, Cadillacs, race cars, and more.

EAT: Take your early risers to **The Doughnut Hole**, where they sell funky flavors (maple bacon and Snickers bar) and traditional ones as well. In the historic Haymarket District, you can make up for your earlier indulgence by eating healthy, delicious wraps at **Maggie's**, a tiny vegetarian lunchtime eatery with vegan and gluten-free options. End your day at **Yia Yia's** pizza, which offers a variety of classic and unique pies—there's one topped with BBQ sauce, cranberries, and pineapple that's a crowd favorite.

STAY: The gang can have a hot breakfast and plenty of space at **Comfort Suites East** (from \$190; choicehotels.com). Or, set up your family in one of Camp A Way's two cabins (from \$89; campaway

.com), which have bathrooms and kitchens; one's open year-round, the other well into the fall.

GRAND RAPIDS, MICHIGAN

DO: This vibrant city with its own international airport (score!) is the perfect manageable size for families with kids—and there's tons to do, indoors and out. First, head over to the 158-acre **Frederick Meijer Gardens & Sculpture Park**. At the children's garden, kids can launch boats in small water pools that are mini-replicas of the Great Lakes, dig for fossils in the rock quarry, and manhandle all the cool-feeling plants they want. You can snag a moment of adult calm in the serene Japanese gardens, with their immaculate rock garden and waterfalls—but the meat-eating vegetation in the carnivorous plant house is something you all need to behold. Then, take the crew to see the nature, tech, and Michigan-specific exhibits at the **Grand Rapids Public Museum**. Or, to get up close and personal with nature, head for **John Ball Zoo**, where kids can ride camels, pet farm animals, and touch stingrays and bamboo sharks. For an offbeat adventure, walk over to the **Fish Ladder**, a series of man-made rapids in the city's Grand River. In autumn, the salmon and carp can be seen flinging themselves up the concrete steps. Just tell the kids that, unfortunately, they can't train their pet goldfish to do the same.

EAT: Dig in to a hearty meat or a vegan sandwich for lunch at **Cherry Deli**, one of the best of the city's numerous sandwich spots. To unwind, head over to **Electric Cheetah**, a restaurant that serves American comfort food made with local and organic ingredients. Try their four different takes on mac and cheese and 40 kinds of craft root beer.

STAY: Two kid-friendly (read: They have indoor pools) options are the **Holiday Inn Downtown**, with clean, comfortable rooms that'll keep you close to the action (from \$178; ihg.com); just a couple of miles from the downtown area is the **Riverfront Hotel Grand Rapids** (from \$129; riverfronthotelgr.com), where they have rooms with views of Grand River and a fun game room. 📍

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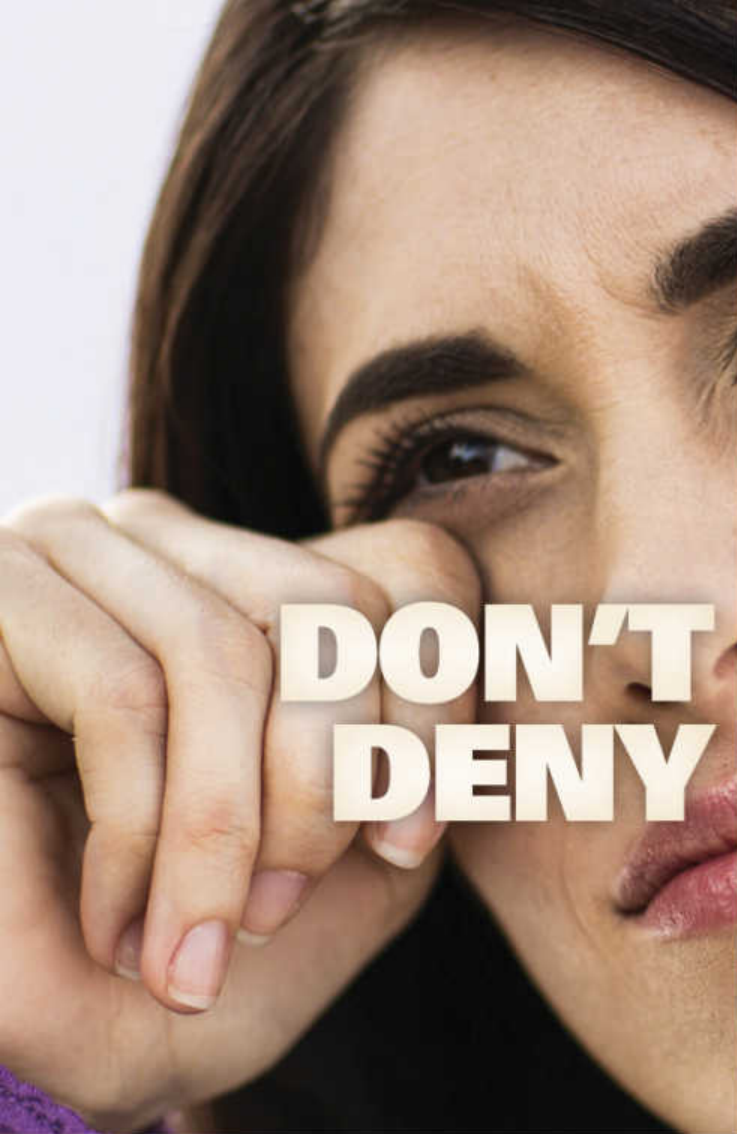
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cleanly

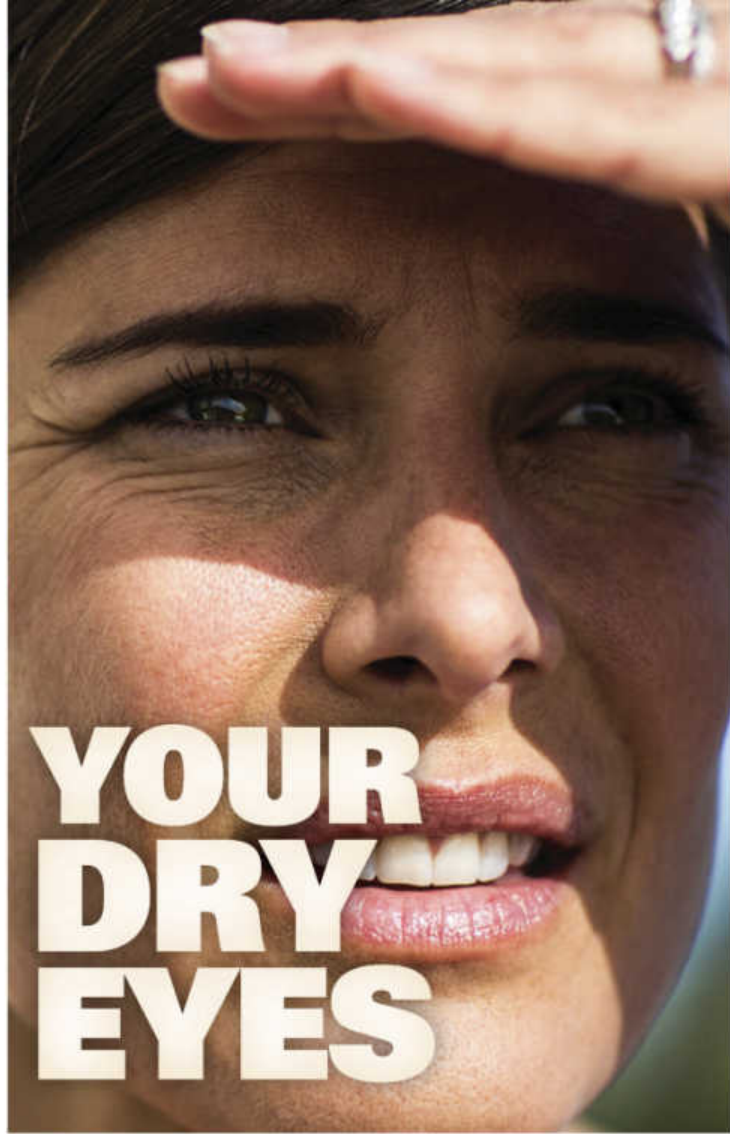


Writes
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DENY**



**YOUR
DRY
EYES**

It may surprise you that if you're experiencing any of these symptoms, you may have **Chronic Dry Eye disease**:

-
- ▶ **Dryness/itching**
 - ▶ **Burning/stinging**
 - ▶ **Feeling like something is in your eye**
 - ▶ **Sensitivity to light**
 - ▶ **Blurry vision**
 - ▶ **Problems wearing contact lenses**
 - ▶ **Watering eyes**
-

Chronic Dry Eye can limit your ability to perform daily activities that involve your eyes. Over time it can have potential consequences for your eyes—damage to the front surface of the eye, increased risk of infection, and effects on your vision. The good news is that treatment options are available.



TAKE ACTION NOW

- ➔ **SCHEDULE** a medical exam with your optometrist or ophthalmologist to see if you have Chronic Dry Eye. Don't wait.
 - ➔ **GO TO mydryeyes.com, TAKE** a brief questionnaire eye doctors use to assess Chronic Dry Eye, and **SHOW** the results to your eye doctor.
-



APC30SW14

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WHYS GUY

Things your guy still might want to learn

If your man is anything like Aaron Traister, he's hoping to acquire a few more tricks. And not all of them are crazy.

THE BACK-TO-SCHOOL SEASON IS UPON US, BUT INSTEAD OF bringing a welcome return to peace and quiet in my household, it now comes with an overwhelming sense of dread. This year, the Whys Guy has joined the PTA. This type of thing isn't exactly in my wheelhouse. I'm not an organizer (or even organized), I don't like working with others, I don't like planning parties, and I curse a lot. If you're thinking, *Hey, it doesn't sound like you should be in the PTA at all, and potentially not allowed to interact with the general population*, believe me, I was thinking the exact same thing. But my kids go to a public school in Philadelphia, so the need for parents to step up is all too real, and even if these skills don't come naturally to me, I'm gonna have to learn them along the way.

I do have some history with teaching myself new things in a pinch: When I found myself as the stay-at-home parent, I wasn't necessarily confident in my cooking, cleaning, or child-care skills, but look at me now! I can fold laundry, make pesto, and bandage skinned knees like a boss. You learn as you go, or your kids end up in wrinkled clothing and with gangrenous wounds. All guys have ideas about how we can be better dads, husbands, and Americans, things we want to do but haven't gotten around to actually figuring out *how* to do. So as our kids embark on a brand-new year of book learnin', I'm letting you in on the things that are still on my to-learn list. The man in your life probably has a similar one—and he needs your help, or at least a little understanding.

Lesson 1: Drive a stick shift

Every dude, even those of us who think we're unconstrained by antiquated ideas about gender, has a

personal Basic Masculine Competency Checklist by which we judge ourselves. Some guys just want to get the toilet to stop running, while others have ridiculous goals like being able to shave with a straight razor. For me, it's learning to drive a stick. I'm not a car guy; I didn't even learn to drive until I was 27, and it was on an automatic. However, my mom grew up on a potato farm in Maine, and she was driving a stick shift by the time she was 12 to help with the harvest. (Yes, according to my checklist, my preteen mom was more manly than me.) So next summer, I'm going to get her to teach me, on the same dirt roads she learned on. I'll get some quality time with Mom, and I'll ensure that I'll be able to flee an alien invasion with my family even if the only available automobile has a manual transmission. The strange, unnecessary thing *your* guy wants to learn probably has similar reasoning behind it: It's about being a Real Man, a.k.a. a Better Son/Husband/Dad.

Lesson 2: Smile my way through school musicals

I love doing homework with my kids. I love reading to them. I love throwing the football around with them. However, I do not love sitting through a production of *The King and I* with a cast made up entirely of second- and third-graders. When I was in second grade, they didn't let us perform musicals or anything longer than an episode

of *Frasier*, but nowadays you are expected to "enjoy" an hour and a half of confused 8-year-olds screwing up "Shall We Dance." But as my wife, Karel, has pointed out, "You go so the kids see you in the audience; you stay for their smile when they find you after it's over." I—and a lot of guys—want to have more patience for this kind of thing. There is a dad working a double shift who would trade places with me in a *second*. And there's a kid in that chorus looking for a dad who promised to show and isn't going to. The lesson I have to retain this year is that enduring an out-of-tune production of a major Broadway musical may sound like a chore, but it's actually a privilege.

Lesson 3: Know the right time to suggest sex

I've been married to the same woman for more than a decade, so you'd think I would have figured out the correct moment to



try to get the ball rolling. You would be wrong. WRONG. Karel and I have a healthy sex life, but we have one major sticking point, and that is my incredibly poor timing. Lemme give you an example: Karel gets home from work and it's 90 degrees out. She goes upstairs to change and maybe hop in a cool shower. I follow her, thinking, *Well, since she's already naked...* I am wrong. WRONG. WRONG. After a long, hot day at work, it turns out that literally all she wants to do is take a shower, change into comfortable clothes, and have 15 minutes to herself before she becomes a mom and a wife. I'm not a wizard; how am I supposed to know this stuff? If you answered "empathy," you are probably right. I've never spoken with another guy who's like, "I always choose the best time to initiate sex. I've really got that figured out." Until you tell us explicitly how and when you like to be approached for sex, we will do it wrong (and probably after that, too). Men want to anticipate your needs *and* we want to have sex. Doing both is the Holy Grail of husbandry, and we need you to guide us there and not be mad when we keep getting lost.

Lesson 4: Stay on target

Guys like me grew up with a lot of distractions. When we were kids, our homework was in competition with video games and MTV's *The Real World*. In college, our classes were in competition with Friendster and pot. Now, instead of buckling down and finishing my REDBOOK column, I can text somebody or watch a *Real World* marathon on my phone (whenever I want!). Instead of clearing my head, I fill it with junk. Sound familiar? We guys are not proud of this; most of us want very much to unshackle ourselves from distractions and focus on our families and our jobs and our homes. So we try: I've begun to slowly dismantle my social networks, and I also set up punching bags in my home office. When I'm stuck, I start hitting something, and that makes me feel more present. Karel approves, which I know because she doesn't complain about my *Rocky*-style decor. So when your guy looks up from the computer in a daze and says, unconvincingly, "I'm stopping, I swear," give him your support. No man is a finished project—and that's good. By trying to better ourselves, we're showing we're still in this with you and we take our lives together seriously. That's nice, right? Though I have to add that I also want to learn to make ice cream, because I just really, really like ice cream, and I bet it would be a hit at those PTA meetings. ®

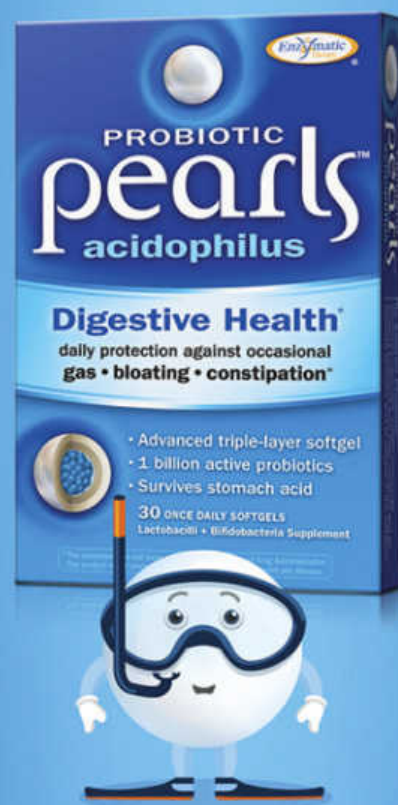
ASK THE WHYS GUY: My husband is always late to the things I want to go to. How can I get him to be on time?

Is he late to everything? If so, you've got to give him a pass, because some people will be late to their own funeral, and you probably knew this about him before you married him. There's no changing his conviction that it takes "only five minutes" to get ready, because he has a completely different sense of time than you do. But if he's late only to movies you like or parties with your friends, then frankly, he's being a jerk. Tell him to act like a grown-up: He needs to be on time, or say he's not coming and face the consequences. Either way, don't apologize on his behalf when he's late—he's an adult and can do that himself.

WANT MORE AARON? Who doesn't? Keep up with his blog at redbookmag.com/aaron. You can also ask him a question of your own by emailing him at redbook@hearst.com (subject: Whys Guy).



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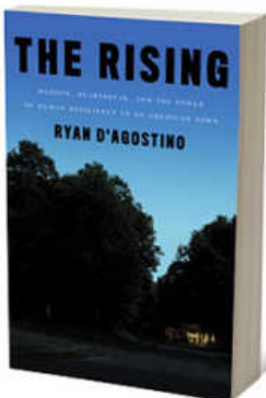
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5 stories that could totally change you

There can be hope after heartbreak

In 2007, two home invaders brutally murdered Dr. William Petit's wife and two daughters, leaving him alive... and us *all* reeling. In his book *The Rising*, journalist Ryan D'Agostino details Petit's mind-set during and after the horrific event. "Instead of falling into the deep abyss of depression, he worked to create structure and routine," says D'Agostino. "He answered every kind letter he received from thousands of strangers." This inner strength helped him find joy again, though he thought he never would. Now remarried with a young son, he is still effecting good in the world through his nonprofit, the Petit Family Foundation, which strives to help the sick, protect victims of violence, and more. Incredible.



ANYONE CAN SAVE SOMEONE

Ten years ago Ashley Smith was a young widow battling drug addiction when she was held hostage in her home by a murderer escaping trial. The new movie *Captive* chronicles her riveting true story as Ashley (Kate Mara) tries to dissuade Brian (David Oyelowo) from going down the wrong path and, at the same time, puts her own future on the right one. She gives God a lot of the credit, but her courage shows that having faith in *yourself* makes a huge difference too.

Small gestures matter

The antidote to sadness isn't happiness—it's kindness. June, the woman at the center of Bill Clegg's new novel, *Did You Ever Have a Family*, has lost loved ones in an accident, but it's the other characters (and the stories they tell in the aftermath) who bring this narrative such richness. They all have their own lives and concerns, yet they find a way to show June compassion, a touching reminder of how easy—and meaningful—it is to be good to others.



NEVER GIVE UP

Just climbing Mount Everest would be a story of overcoming obstacles, but in *Everest*, the gripping new film based on the real events of 1996, those making the attempt face a devastating series of snowstorms, too. As you watch the climbers fight to stay alive and see the emotional toll their struggle takes on the families left behind, you'll be awed by our collective capability to persevere.



MILITARY HEROES DON'T ALWAYS WEAR UNIFORMS

Supporting our troops is a no-brainer, but the people who look after these wounded veterans could use our support *just* as much. This fall, the Elizabeth Dole Foundation is launching The Hidden Heroes Campaign to raise awareness about the challenges military caregivers face and to fund programs that provide assistance for these amazing individuals. To find out how you can contribute, go to elizabethdolefoundation.org.

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AT HOME



Get organized, adorably

Here is possibly the chicest (and cheapest) way to clean up your entry: Simply get some wood crates (from \$12.99; joann.com) and give each two coats of colorful spray paint. Install heavy-duty drywall anchors and screws, leaving about ¼ inch of the screws sticking out of the wall. Then rest the top slat of the crate on the screw like you're hanging a picture. Flip the page for even more clever ideas from the new book *Lovable Livable Home*. **MORE TIPS** this way! ➤

PRETTY TRICKS

for every room in your house

There's no point in showing you stunningly designed spaces if you can't actually *do* them. These ideas from Sherry and John Petersik, bloggers, D.I.Y.ers extraordinaire, and authors of the new book *Lovable Livable Home*, are the cure for decor boredom, no handyman required.

PHOTOGRAPHED BY TODD WRIGHT



INSTANT KITCHEN UPGRADES

1 **Reconsider an island** and opt for a less traditional workspace, like a vintage metal storage table. "The kitchen is the room with the most potential to be boxy and monotonous," says Sherry. "Try something that doesn't feel so heavy, like a kitchen table with little stools."



2 D.I.Y. a pattern onto your floor! It's actually simple (if you're willing to put in the time). First, this homeowner sanded her floors to remove the existing finish. Then she put down contact paper to create the cool geometric design, and stained it. Finally, she removed the paper and sealed the floor.

3 Treat your kitchen like you would the other rooms of your house by adding personality with artwork and accessories—just be sure they won't be adversely affected by heat or steam. "And if the kitchen is dark or windowless, hang a mirror to bounce light around the room," Sherry says.

at home



“Open shelving keeps you honest. If you see something all the time but never use it, like an old bowl, donate it.”
—SHERRY PETERSIK

FROM TOP: JORDAN MAUNDER; KARL POYNTER.

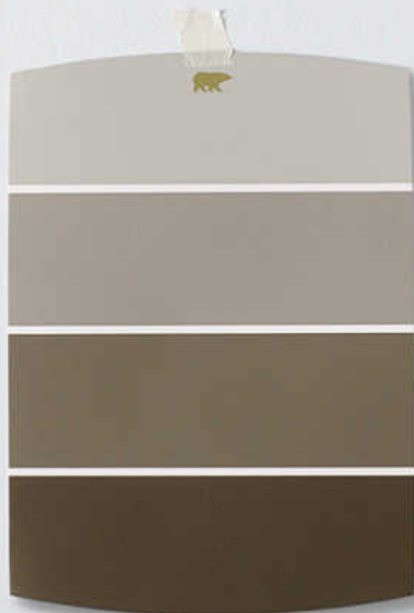
REVAMP YOUR STORAGE!

1 Seriously consider removing some of your cabinet doors. “Open shelving is a polarizing topic,” Sherry explains. “Some people think it’s gross, but as long as you use what’s in it frequently, nothing has time to get dusty.” Plus, she adds, “I have never unloaded a dishwasher faster.” You can decorate the surface on the back of the cabinet by pinning up some fun patterned paper or fabric. Removing the doors is also a brilliant way to save some bucks on a kitchen makeover—you eliminate the need for new hardware and paint!

2 Decorate your walls with furniture. Here’s a clever way to get more room in your closet and fill an otherwise dead wall: Hang your extra seating. Here, the finish on these folding chairs picks up the color of the wood floor. Or you could go bold and paint a set of folding chairs in different colors to match the color scheme in your home.

Cool idea: Make an old table new again by only partially painting the base.





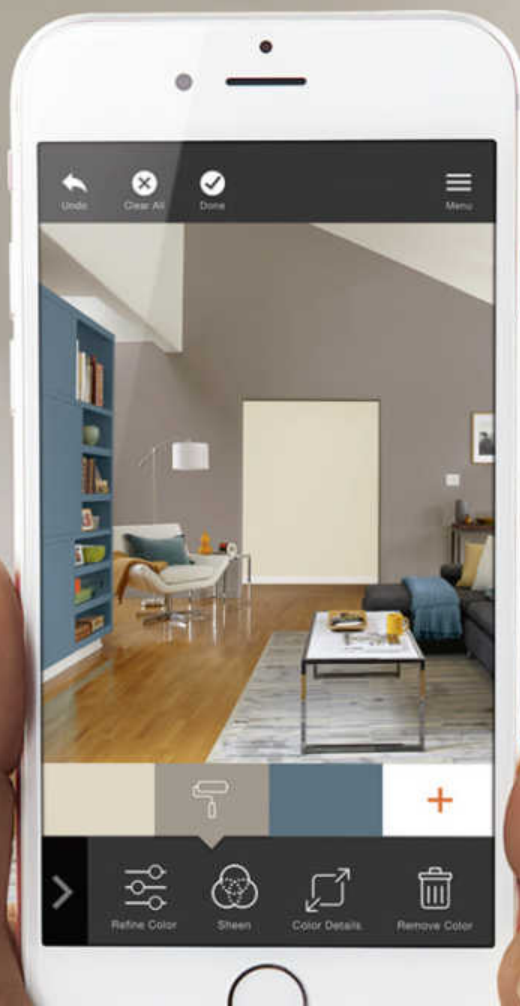
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Bookcase: BEHR® Catalina Coast PPU13-3

Wall: BEHR® Studio Taupe PPU5-7

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More saving.
More doing.

CREATE MORE SPACE

1 When in doubt, go white. It will open up even the smallest of spaces. “You’ll be amazed at how much brighter and more reflective a room feels with white walls,” says Sherry.

2 But throw some color on the ceiling. Why? It gives the illusion of height. “The contrast of the blue draws the eye upward,” she explains.

3 Avoid bulk by choosing furniture with legs. “Our sectional and armchair would feel heavier if they were skirted or solid to the floor,” says Sherry. “Small arms, a low back, and modern, clean lines also make them appear lighter.”

4 Opt for an ottoman instead of a coffee table. The soft edges are kid-friendly, and there’s hidden storage inside. “If friends are coming over, I can quickly dump toys in there,” she says. “Plus, it’s firm enough to rest books or a bowl of popcorn on top.”




This green-blue will pop without being too heavy.
Benjamin Moore
Galt Blue CW-560

A soft metallic on the back of the bookcase adds dimension and draws the eye in.
DecoArt
Elegant Finish in
Champagne
Gold (\$6.99 for 10 oz.; joann.com)

FROM TOP: JOHN PETERSIK; TODD WRIGHT (2); PAINT BLOBS: MICHAEL KRAUS/SHUTTERSTOCK

BEFORE



A tall, clear glass filled with a dark, carbonated beverage, likely Diet Coke. The glass is covered in condensation droplets. Inside the glass, there are ice cubes and a thick layer of foam at the top. A silver metal straw is inserted into the drink. The background is a soft, out-of-focus grey with bokeh light effects. The text 'AND THEY SAY YOU CAN'T BUY GOOD TASTE' is written in a white, thin, sans-serif font, centered over the middle of the glass.

AND THEY
SAY YOU
CAN'T BUY
GOOD
TASTE

Diet
Coke
GET A TASTE.™

at home



PAINBLOBS: MICHAEL KRAUS/SHUTTERSTOCK. BOOK JACKET: COURTESY OF PUBLISHER.

MASTER THE BEDROOM

1 Fill it with family photos. Eliminate the mystery of putting together a gallery wall by simply choosing a single frame (the Petersiks found these at Michaels) and varying the shape and size of the mats inside them. As for the images they selected, Sherry says it was important for these photos to look informal. "I like non-pose-y, random pictures," she explains. "We wanted this wall to feel casual. A lot of these we took on our phone for Instagram!"

2 Make it cozy. Emphasize warmth by opting for darker, deeper hues. "Because not everyone sees your bedroom, it's a great place to play with color and an opportunity to do something rich," Sherry says.

Three options for your next paint job



On their walls, above:
Benjamin Moore
Black Pepper
2130-40



"We used this above a chair rail in a dining room."
Benjamin Moore
Kendall Charcoal
HC-166



"This is in our guest room. The brown-gray reminds me of a leather handbag."
Benjamin Moore
Sparrow AF-720

PUNCH UP A TINY AREA

The Petersiks chose a bold wallpaper (Poppy_Pattern by Studiodesna, \$60 for a 2x12-foot roll; spoonflower.com) for a plain old laundry room. "It was boring and windowless, so we went for a graphic, modern print," Sherry says. This wallpaper is treated with an adhesive that you activate by getting wet, and it's removable if you ever get tired of it.



Get more smart ideas from the book, on sale September 22.





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1 A jewel-tone reminder that it's absolutely imperative to stay hydrated throughout the day. Carafe, \$12.95; hm.com.

2 This mouse pad is so lovely, you almost won't mind that your hand rests on it all day long. (*Almost.*) Mouse pad, \$12; courtneyoquist.etsy.com.

3 Corral art or desk supplies—or both, you Renaissance woman—in this sturdy organizer. Art caddy, \$21.95; landofnod.com.

4 Illuminate your latest project with a statement lamp that deserves a spotlight of its own. Industrial task lamp, \$99; westelm.com.

5 Our new favorite pet trick: holding the tape. French bulldog tape dispenser, \$12.99; target.com.

6 This zippy tablet will be a lifesaver in meetings, whether it's getting you answers fast or rescuing you from boredom. Amazon Fire HD 6, \$99; amazon.com.

7 How soon until lunch? Count the minutes with a glorious gilded clock. Wall clock, \$49.95; cb2.com.

8 Bright ideas will come naturally at a cherry-red desk. Altra Writing Desk, \$94.95; wayfair.com.

9 Get a little extra inspiration out of your inspiration board, courtesy of these charming floral pushpins. Thumbtacks, \$8.95 for 25; papersource.com.

10 Behind every successful woman with great posture is an extremely fabulous bolster pillow. (This one also happens to be washable and reversible.) Bolster pillow cover, \$39.50, and insert, \$34; potterybarn.com.

11 Roll this chair from your desk to the drink cart for a celebratory cocktail after you knock off your to-do list. Swivel chair, \$89.99; ikea.com.

12 If you have to get a fancy manicure to look as cute as your stationery supplies, all the better. Chevron pencils, \$15 for set of 4, and bamboo pattern pens, \$23 for set of 14; parkerthatch.com.

13 Made of acacia wood and woven water hyacinth, this tower is a million times prettier than a filing cabinet, but just as clutter-busting. Magazine basket tower, \$99.99; kirklands.com.

14 Putting your monogram under glass is a subtle but unmistakable way of letting everyone know who's in charge. Graphic paperweight, \$39; markandgraham.com.

finds that work just as hard as you do.



at home

Super-fast, crazy-easy DINNERS

Answer the cry of "What are we eating?" with these brilliant recipes from Michael Symon (he's a chef and cohost of *The Chew*). Our faves from his new cookbook, *5 in 5 for Every Season*, take just minutes and require only a few fresh ingredients. Welcome to weeknight heaven.

PHOTOGRAPHED BY JENNIFER MAY

ROSEMARY CHICKEN WITH ENDIVE

- 4 boneless, skin-on chicken breast halves (6 oz each), pounded to ¼ in. thick
- Kosher salt and pepper
- 3 Tbsp olive oil
- 2 Tbsp unsalted butter
- 3 cloves garlic, minced
- 2 Tbsp chopped fresh rosemary leaves
- 2 cups sliced Belgian endive (½ in. thick)
- 1 cup low-sodium chicken broth

1. Place a large skillet over medium-high heat. Season both sides of the chicken with salt and pepper. Add the olive oil to the pan. Arrange the chicken skin-side down in the pan and cook until golden brown, about 3 minutes.

2. Flip the chicken and scoot the pieces to one side of the pan. To the open space, add the butter, garlic, rosemary, and endive and season with salt and pepper. Cook until the garlic and rosemary are fragrant and the endive begins to wilt, about 30 seconds. Add the chicken broth and cook until the sauce comes together and the chicken is cooked through, about 30 seconds.

3. Remove from heat and serve.

Makes 4 servings. Per serving: 394 cal, 26 g fat (8 g sat fat), 37 g protein, 1 g fiber, 2 g carb.



KALE SALAD WITH MAPLE CIDER DRESSING

- ½ cup pecan halves
- ¼ cup apple cider vinegar
- 1 Tbsp pure maple syrup
- ¼ cup olive oil
- Kosher salt and pepper
- 6 cups thinly sliced kale leaves (remove tough ribs before slicing)
- 2 Granny Smith apples, quartered and thinly sliced

1. Place a medium skillet over medium-low heat. Add the pecans and cook, stirring occasionally, until golden brown and crisp, about 3 minutes. Remove the pecans to a cutting board and roughly chop.

2. Meanwhile, in a small bowl, whisk together the vinegar, maple syrup, and olive oil. Season the vinaigrette with salt and pepper.

3. Put the kale in a medium bowl and massage the greens between your fingers until they begin to darken, wilt, and soften, about 2 minutes. Add the apples, pecans, and vinaigrette and toss to combine. Taste and adjust the seasoning, adding salt and pepper as needed, and serve.

Makes 4 servings. Per serving: 318 cal, 24 g fat (3 g sat fat), 6 g protein, 5 g fiber, 27 g carb.



**ORECCHIETTE
WITH BRUSSELS SPROUTS
AND BACON**

Kosher salt and pepper

- 1 lb** fresh orecchiette pasta
- 1 Tbsp** olive oil
- ½ lb** bacon, finely chopped
- 4 cups** thinly sliced Brussels sprouts (about $\frac{3}{4}$ lb)
- ½ cup** chopped fresh flat-leaf parsley leaves
- 1 cup** freshly grated Parmesan, plus more for serving

1. In a very large pot, bring 5 qts water and 3 Tbsp salt to a boil. Add the pasta and cook until just al dente, about 1 minute less than the package directs. Occasionally give the pasta a stir so it doesn't stick together. Scoop out and reserve 1 cup of the pasta water before draining the pasta.

2. Meanwhile, place a large skillet over high heat. Add the olive oil and bacon and cook, stirring occasionally, until the bacon is crisp and the fat has mostly rendered, about 3 minutes. Add the Brussels sprouts and cook until they begin to wilt and brown, about 1 minute. Lightly season with salt and pepper.

3. Add the pasta and reserved pasta water to the pan and cook for 30 seconds, stirring to blend.

4. Remove from heat, stir in the parsley and Parmesan, and serve. Pass more Parmesan at the table for topping.

Makes 4 servings. Per serving: 655 cal, 20 g fat (7 g sat fat), 31 g protein, 7 g fiber, 90 g carb.

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GRILLED SKIRT STEAK WITH MUSHROOM GRAVY

- 1 lb skirt steak
- Kosher salt and pepper
- 4 Tbsp olive oil
- 3 cups sliced button mushrooms (about ¾ lb)
- 1 small yellow onion, thinly sliced
- 2 Tbsp unsalted butter
- 3 Tbsp flour
- 1 cup beef broth
- 3 Tbsp sour cream

1. Heat a grill or a grill pan to medium-high heat.

2. Season the steak on both sides with salt and pepper. Drizzle with 2 Tbsp of the olive oil and place on the grill. Cook until nicely charred and the meat releases from the grill, about 2 minutes. Flip and cook until medium-rare, about 2 minutes. Remove to a platter to rest.

3. Meanwhile, place a large skillet over medium-high heat. Add the remaining 2 Tbsp olive oil, the mushrooms, and the onion. Cook, stirring only occasionally, until the mushrooms start to brown and the onion begins to soften, about

2 minutes. Add the butter, season with salt and pepper, and stir so that the vegetables brown evenly. Add the flour and stir well, so everything gets coated. Add the broth, whisking well to incorporate, and bring to a boil. Remove from heat and whisk in the sour cream.

4. Thinly slice the skirt steak against the grain. Divide the steak onto plates, top with the mushroom gravy, and serve.

Makes 4 servings. Per serving: 443 cal, 33 g fat (12 g sat fat), 29 g protein, 2 g fiber, 9 g carb.



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at home



SCALLOPS WITH CHINESE GREEN BEANS AND RADISHES

- 1½ lbs sea scallops (about 18), side muscle removed
- Kosher salt and pepper
- 2 Tbsp olive oil
- ½ lb green beans, ends trimmed
- 1 cup sliced radishes
- Juice of 2 oranges
- 3 tsp reduced-sodium soy sauce
- ¼ cup roughly chopped fresh cilantro leaves

1. Place a large skillet over high heat. Using paper towels, pat the scallops dry. Season the scallops on both sides with salt and pepper. Add the olive oil to the pan, then the scallops. Cook, without moving, for 2 minutes.
2. Flip the scallops and scoot them to one side of the pan. To the open space, add the green beans and radishes and cook until

the beans start to wilt and the scallops are barely cooked through, about 2 minutes. Remove the scallops to a platter.

3. Stir the orange juice and soy sauce into the pan and simmer until the sauce reduces by half and thickens to the consistency of a glaze, about 1 minute. Remove from heat and stir in the cilantro.

4. Remove the scallops to plates, spoon the sauce and vegetables on top, and serve.

Makes 4 servings. Per serving: 212 cal, 8 g fat (1 g sat fat), 22 g protein, 2 g fiber, 14 g carb.



Reprinted from Michael Symon's *5 in 5 for Every Season: 165 Quick Dinners, Sides, Holiday Dishes, and More*. Copyright © 2015 by Michael Symon. To be published by Clarkson Potter on September 22.

Give your child Rice Krispies and see what they create.



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Make a killer sandwich!

Bringing your lunch can save you upward of \$1,000 a year. Now cast your eyes on these eight beauties: They're filling, full of flavor, and a snap to put together. *Ka-ching!* RECIPES BY MARY-FRANCES HECK



► **YOU'LL NEED:** 2 slices white or whole-grain bread; 2 Tbsp creamy peanut butter; ¼ large banana (sliced); 1 Tbsp salted dry roasted peanuts (lightly crushed); chili flakes; 1 tsp honey.
To assemble: Spread each slice of bread with 1 Tbsp peanut butter. Arrange banana on one piece of bread. Sprinkle with peanuts and a pinch of chili flakes, then drizzle with honey. Top with second slice of bread. 424 cal, 24 g fat (5 g sat fat), 15 g protein, 44 g carb, 5 g fiber.



► **YOU'LL NEED:** 2 slices wheat bread; 2 Tbsp hummus; 5 spinach leaves; 2 Tbsp chopped roasted red peppers; 1 slice red onion (rings separated); ½-oz piece feta cheese (cut into ¼-in. slices); 1 tsp capers; chili flakes.
To assemble: Spread each slice of bread with 1 Tbsp hummus. On one slice, press spinach into hummus; add peppers and onion. On the other, press feta and capers into hummus. Sprinkle with chili flakes; press halves together. 316 cal, 14 g fat (7 g sat fat), 16 g protein, 32 g carb, 6 g fiber.



► **YOU'LL NEED:** One half of a 6-in. pita; 1 Tbsp mayonnaise; ¼ tsp sesame oil; ¼ cup chopped scallion greens; sweet pickles; 3 oz thinly sliced roast beef (4 or 5 slices); 2 leaves butter lettuce.
To assemble: Stir together mayo and sesame oil until smooth; spread on one inside half of the pita. Top with scallions, pickles, roast beef, and butter lettuce, making sure the lettuce leaves are next to the dry half of the pita. 306 cal, 16 g fat (4 g sat fat), 20 g protein, 21 g carb, 2 g fiber.



► **YOU'LL NEED:** One half of a 6-in. pita; 1 Tbsp cream cheese; 2 oz thinly sliced smoked turkey (3 to 4 slices); ¼ medium avocado (seasoned with lime juice, lime zest, and salt); cilantro leaves; hot sauce (we like Cholula).
To assemble: Spread cream cheese on one inside half of the pita. Stuff with turkey, prepared avocado, cilantro leaves, and hot sauce. 252 cal, 12 g fat (4 g sat fat), 14 g protein, 24 g carb, 2 g fiber.



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TUNA
NIÇOISE

► **YOU'LL NEED:** 1 medium halved crusty roll; 2 Tbsp prepared olive tapenade; 2 oz drained tuna; 1 hard-boiled egg (sliced into ¼-in. rounds); 1 red radish (thinly sliced); 2-in. piece cucumber (thinly sliced).
To assemble: Spread both sides of roll with tapenade. Layer bottom of roll with tuna, egg slices, radish, and cucumber. Add top half of roll. *309 cal, 10 g fat (3 g sat fat), 19 g pro, 27 g carb, 1 g fiber.*



CURRIED
CHICKEN

► **YOU'LL NEED:** 1 halved crusty roll; 2 Tbsp Greek yogurt; ¼ tsp curry powder; salt; ½ cup shredded roast chicken; 3 or 4 apple slices.
To assemble: Spread both halves of roll with yogurt and sprinkle with curry powder and salt. Run a knife over the yogurt to mix in the spices. Layer bottom of roll with roast chicken and apple slices. Add top half of roll. *318 cal, 8 g fat (3 g sat fat), 26 g protein, 36 g carb, 2 g fiber.*



PUB-STYLE
CHEDDAR

► **YOU'LL NEED:** 2 slices whole-grain bread; 1 Tbsp grainy mustard; ¼ cup pickled beets or dill pickles; 2 oz aged sharp Cheddar; ¼ cup bitter greens like arugula; fresh lemon juice; ½ tsp olive oil; pepper.
To assemble: Spread mustard on one slice of bread; top with pickled beets and Cheddar. In a small bowl, toss greens with lemon juice, olive oil, and pepper. Pile salad on top of cheese and top with second slice of bread. *449 cal, 24 g fat (13 g sat fat), 20 g protein, 36 g carb, 6 g fiber.*



AUTUMN
VEGGIE

► **YOU'LL NEED:** 2 slices whole-grain bread; 3 Tbsp canned pumpkin purée; salt and pepper; 1 Tbsp blue cheese crumbles; 1 Tbsp toasted pepitas; ¼ cup sprouts; ¼ cup baby arugula; fresh lemon juice.
To assemble: Spread pumpkin on one slice of bread and season with salt and pepper. Press blue cheese and pepitas into the pumpkin. Add sprouts and arugula and drizzle with lemon juice. Top with second slice of bread. *222 cal, 9 g fat (3 g sat fat), 10 g protein, 29 g carb, 4 g fiber.*

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RECIPES BY KHALIL HYMORE
PHOTOGRAPHED BY SARAH ANNE WARD

CHOCOLATE AND CHERRY

You'll need: ¾ cup halved cherries; 1 tsp sugar; 2 Tbsp Nutella; ¼ cup toasted hazelnuts. **To make:** Toss cherries with the sugar; set aside until juicy. Divide the Nutella between 2 slices of French toast; top with the cherries and nuts.

KINDA-CROQUE MONSIEUR

You'll need: 2 tsp Dijon mustard; 2 slices ham (chopped); ¼ cup shredded Gruyère cheese; chopped chives. **To make:** Spread the mustard on top of 2 slices of French toast. Toss the ham and Gruyère together in a bowl, then divide and sprinkle on top of the toasts. Place in broiler until the cheese has melted. Garnish with the chives.

French toast recipe

You'll need: 2 large eggs; ½ cup half-and-half; 2 tsp sugar; 1 tsp vanilla extract; a pinch of ground cinnamon; a pinch of salt; 2 slices thick-cut bread; 1 Tbsp vegetable oil.

To make: In a shallow dish, whisk the eggs, half-and-half, sugar, vanilla, cinnamon, and salt. Dip both sides of the bread into the custard mixture. Heat the oil in a large nonstick skillet over medium heat. Remove the bread from the custard and add to the pan. Cook until golden, 2 to 3 minutes per side.

BANANAS FOSTER

You'll need: 2 Tbsp unsalted butter; ¼ cup brown sugar; 2 Tbsp dark rum; ¼ tsp cinnamon; 2 bananas (sliced in half lengthwise and crosswise); powdered sugar. **To make:** Melt the butter in a skillet over medium heat. Add the brown sugar, rum, and cinnamon, stirring until the sugar dissolves; add the bananas and cook for 1 minute on each side. Top the French toast with the bananas and sauce; dust with the powdered sugar.

SWEET LEMONADE

You'll need: 2 Tbsp fresh lemon juice; 2 tsp sugar; 2 tsp fresh lemon zest; store-bought lemon curd. **To make:** Drizzle 2 slices French toast with the lemon juice; dust with the sugar and zest. Serve drizzled with the lemon curd.

EGGS AND BACON!

You'll need: 2 fried eggs; 3 slices bacon (cooked and chopped); maple syrup, to taste. **To make:** Top 2 slices French toast each with an egg. Sprinkle the bacon on top. Drizzle with the maple syrup.

Deliciously
HEART HEALTHY

While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of heart disease.
©, TM, © 2015 Kellogg NA Co.



5 fun home & food ideas to try now



PARTY IN A BOX!

If the thought of throwing a party begins and ends with the prospect of cleaning up, let us introduce you to Elliewood. The online company sells super-chic and affordable disposable dishware—prices start at \$30 for 16 place settings—for any kind of fete, including bridal showers and Thanksgiving (elliewoodcollections.com).

GENIUS HACK FOR LEFTOVER MAYO



It's a problem that has plagued us for eons: What to do with that little bit of mayo left in a jar? *Top Chef All-Star*

and restaurateur Richard Blais has a brilliant solution: Make salad dressing out of it. "Chop some onion and throw it into the jar with 1 tsp of mustard, ½ shot glass of vinegar, and a 3-second pour of olive oil. Screw the top, shake, and you've got a creamy vinaigrette."



Refresh your couch fast

Here's an almost instantaneous way to update your sofa without having to drop a single dime, courtesy of the new design book *Apartment Therapy Complete + Happy Home*. Simply tuck a cool-looking wool blanket around the bottom cushions. Not only will it add that much-needed touch of coziness for fall, but it'll also reduce the time spent policing small humans who like to eat sticky stuff on the sofa.

THE BEST NEW COCKTAIL

Because we know how sad it is to bid adieu to your summer chardonnay, we asked our Mommy Mixologist, Kim Haasarud, for some help easing the transition. Her solution: the Chardonnay Rye Sour. Make it by filling a cocktail shaker with ice, 1½ oz rye whiskey, 1 oz simple syrup, ¾ oz lemon juice, and 1 oz chardonnay. Shake it up, strain it into a glass with more ice, and garnish with a lemon slice. Drink one of these and you might just love autumn after all.



A RICH LOOK FOR LESS THAN \$6

Rose gold is having a major moment in fashion, so naturally it's having one in home decor, too. That's why we're so excited that Valspar has released a rose gold spray paint color (\$5.98), which can help you test out the trend without investing major dollars. Try it on an entryway table, a tired old storage basket, even an inexpensive glass vase you've got kicking around. (Simply wrap painter's tape around the surface to get the clean line you see here.)



CLOCKWISE FROM TOP: COURTESY OF ELLIEWOOD COLLECTIONS; MELANIE ACEVEDO; COURTESY OF VALSPAR; KATE MATHIS.

There's
gold in your
backyard.
Liquid Gold.



VELVEETA® Queso Burgers

How do cheeseburgers technically become Queso Burgers? By being topped with a melty mixture of VELVEETA and RO*TEL® Diced Tomatoes & Green Chilies.

Prep Time: 20 min. | Makes: 6 servings

What you need:

- 1.5 lbs. ground sirloin
- 1 lb. (16 oz.) VELVEETA, cut into 1/2-inch cubes
- 1 can (10 oz.) RO*TEL® Diced Tomatoes & Green Chilies, undrained
- 6 hamburger buns
- 6 pieces leaf lettuce
- 1 large tomato, cut into 6 slices

Make it:

Heat grill to medium heat.

Shape meat into 6 (1/2-inch thick) patties. Grill 4 to 5 min. on each side or until done (160°F). Meanwhile, microwave VELVEETA and RO*TEL® in microwaveable bowl on HIGH 5 min. or until VELVEETA is completely melted, stirring after 3 min. Place burgers on bottom halves of buns; top each with 2 Tbsp. VELVEETA sauce. Cover with lettuce, tomatoes and tops of buns.

For more Liquid Gold recipes visit VELVEETA.com



inspired

WHAT'S NEW | NOTEWORTHY & NOW **09.15**

Hillshire Farm Naturals® Lunchmeat

How do we celebrate lunchmeat that's 100% natural and 100% delicious? With a 100% satisfaction guarantee.

hillshirefarm.com/guarantee



Flights of Fancy

Your jewelry isn't just jewelry. It's wings for your imagination. Take flight with the Magnificent Kingdom charms from Pandora. An array of majestic pieces—artful feathers in .925 sterling silver and hand-set pavé. Faceted blush beads and gold hearts. Where will you soar today? Share the #ArtofYou. Explore at

estore-us.pandora.net.



PANDORA®

Skechers Gratis

Seize the day in Skechers Gratis—Going Places. With a Bio-Dri lining, Air-Cooled Memory Foam insole, and bungee lace closure, these slip-on sneakers make life a breeze!

Visit skechers.com.



SKECHERS

Born from the goodness of fruit.

Mix things up. Minute Maid Fruit Punch combines a number of delectable fruit flavors together in a refreshing, delicious juice blend that's made with real fruit juice.

Put Good In. Get Good Out.®

minutemaids.com



A 5% blend of grape, pineapple, pear and apple juices

Physicians Formula®

Argan Wear™ Ultra-Nourishing Argan Oil Blush is infused with 100% Pure Argan Oil, known as liquid gold for its rich conditioning benefits that can improve skin's brightness, tone, texture, and elasticity. This ultra-lightweight and creamy, skin-rejuvenating blush smoothes fine lines and brightens dull skin, delivering a fresh and radiant blushing glow with a touch of glam. The exotically scented formula instantly rejuvenates skin for a lit-from-within glow. For more info, visit

physiciansformula.com.



REAL WOMAN REVIEW



Megan Zietz of the blog
The Frugalista Diaries says,

"I love the touch of shimmer paired with the soft rose hue for the perfect 'back from vacation' glow."

**PHYSICIANS
FORMULA**
Rx For Glamour

Shop the issue

DO THIS FOR BEAUTIFUL BROWS

Page 38: Mally Beauty Brow Beauty Ultimate **Brow Kit**, \$30, and Mally Beauty **Cancellation Concealer**, \$35; mallybeauty.com.

PICK A CHERRY (LIPSTICK)

Page 41: Chanel Rouge Coco Shine Hydrating Sheer **Lipshine**, \$36; chanel.com. Clinique Pop **Lip Colour** + Primer, \$18; clinique.com.

BEAUTY UNDER \$25

Page 43: Sephora Collection Colorful Cheek **Ink Gel**, \$14; sephora.com. Lipstick Queen Belle Époque **Lip Balm**, \$20; lipstickqueen.com. NYX Cosmetics The Suede **Shadow Palette**, \$12; nyx.cosmetics.com. BareMinerals Pop of Passion **Lip-Oil Balm**, \$16; bareminerals.com. Clinique Chubby Lash **Mascara**, \$17; sephora.com. Laura Geller Easy Cover Up Hydrating **Concealer Crayon**, \$22; laurageller.com. Illume Triple Milled **Bar Soap**, \$11.25; illume.candles.com. Essie **nail polish**, \$8.50; essie.com. Le Couvent des Minimes Fresh Moisturizing Body **Gel-Cream**, \$18; usa.lecouventdesminimes.com. Tocca Rollerball **eau de parfum**, \$22; sephora.com. Mary Kay At Play Baked **Eye Trio**, \$14; marykay.com.

DO MORE IN THE SHOWER

Page 46: St. Tropez Gradual Tan In **Shower Lotion**, \$25; ulta.com.

MAKE YOUR BEAUTY GEAR LAST LONGER

Page 49: Urban Beauty United Blender Baby **foundation sponge**, \$7.99; amazon.com. Beautyblender **cosmetic sponge**, \$19.95; nordstrom.com. Tweezerman Ultra Precision **Cuticle Nipper**, \$35; sephora.com. Sonia Kashuk Color Craze Ten-Piece **Brush Set**, \$36.99; target.com. Harry Josh Pro Tools Pro **Detangling Brush**, \$20; dermstore.com. Clarisonic Mia2 Sonic Facial **Cleansing Brush**, \$149; clarisonic.com.

MAKEUP SHORTCUTS FOR HECTIC MORNINGS

Page 50: Stila **Convertible Color**, \$20; ulta.com. Benefit Cosmetics Creaseless **Cream Eyeshadow**, \$20; benefitcosmetics.com. **Page 52:** Lancôme Color Design Sensational Effects **Lipcolor**, \$22.50; lancome-usa.com. Clinique Just Browing Brush-On **Styling Mousse**, \$16; clinique.com. **Page 54:** Sephora Collection Radiant **Luminizing Drops**, \$18; sephora.com. Smashbox Camera Ready **BB Cream SPF 35**, \$39; smashbox.com.

THICKER HAIR, RIGHT THIS WAY

Page 58: Matrix Biolage Advanced FullDensity **Densifying Spray Treatment**, \$23; matrix.com. Redken Cerafill Dense Fx Hair Diameter **Thickening Treatment**, \$45; redken.com. /salon, finder for salons. Dr. Dennis Gross Root Resilience Anti-Aging **Scalp Serum**, \$54; dgskincare.com. Women's Rogaine 5% **Minoxidil Topical Aerosol**, \$29.99 for a two-month supply; womensrogaïne.com.

5 BEAUTY TRICKS I JUST LEARNED

Page 60: Living Proof Perfect Hair Day **Dry Shampoo**, \$22; livingproof.com.

Sweepstakes Rules

BEAUTY UNDER \$25 SWEEPSTAKES; DO MORE IN THE SHOWER SWEEPSTAKES; MAKEUP SHORTCUTS FOR HECTIC MORNINGS COVERGIRL SWEEPSTAKES; MAKEUP SHORTCUTS FOR HECTIC MORNINGS STILA SWEEPSTAKES. NO PURCHASE NECESSARY TO ENTER OR WIN. To enter beginning August 18, 2015, at 12:01 a.m. ET through September 14, 2015, at 11:59 p.m. ET, go to redbookmag.com/freebies on a computer or wireless device and complete and submit the entry form for the sweepstakes of your choice pursuant to the onscreen instructions. Important Notice: You may be charged for visiting the mobile website in accordance with the terms of your service agreement with your carrier. Odds of winning will depend upon the total number of eligible entries received. Must have reached the age of majority and be a legal resident of the 50 United States, the District of Columbia, or Canada (excluding Quebec). Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete official rules available at redbookmag.com/freebies.

Contest Rules

5 BEAUTY TRICKS I JUST LEARNED ZOYA CONTEST. Sponsored by Hearst Communications, Inc. There are two (2) ways to enter beginning August 18, 2015, at 12:01 a.m. ET through September 14, 2015, at 11:59 p.m. ET (the "Entry Period"): Go to redbookmag.com/zoyapolishcontest on either a computer or a wireless device and complete and submit the entry form pursuant to the onscreen instructions. Important Notice: You may be charged for visiting the mobile website in accordance with the terms of your service agreement with your carrier. Must have reached the age of majority and be a legal resident of the 50 United States, the District of Columbia, or Canada (excluding Quebec). Void in Puerto Rico and where prohibited by law. Contest is subject to complete official rules available at redbookmag.com/zoyapolishcontest.

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ON THE COVER

From left: (On Marija) Necklace, \$65; gorjana.com. Sweater, \$30; oldnavy.com. Sizes XS to 4X. Blazer, \$179 (sizes 2 to 20), \$199 (women's sizes 12 to 24); talbots.com. Skirt, Blaque Label, \$119; millnumber3.com. Rings, \$40 and \$68; melindamaria.com. Shoes, Klub Nico, \$270; nordstrom.com. (On Christine) Earrings, \$85; mirandafrye.com. Necklace, \$17; target.com. Top, Ava & Viv, \$23; target.com. Sizes X to 4X. Skirt, \$62; oasis-stores.com. Bracelets, from top: \$85; rjgraziano.com. \$65; sorrelli.com. \$30; shopmadjewels.com. Shoes, Joe's, \$179; lyst.com. (On Nikki) Earrings, \$65; kendrascott.com. Necklace, \$38; daniellestevens.com. Top, \$35; oldnavy.com. Sizes XS to 4X. Belt, \$38; eloqui.com. Sizes 14/16 to 22/24. Pants, \$55; lanebryant.com. Sizes 14 to 28. Shoes, \$129; marcfisherfootwear.com. (On Psyche) Shirt, \$39; joefresh.com. Necklace, Carolee New York, \$195; bloomingdales.com. Dress, CeCe by Cynthia Steffe, \$168; 212-403-6210. Bracelets, \$45 for set of 2; rosenasammil.com. Watch, Lacoste, \$135; macys.com. Shoes, \$246; alejandrang.com. (On Cassie) Watch, \$80; armatron.com. Earrings, \$85; sorrelli.com. Necklace, Simply Vera Vera Wang, \$44; kohls.com. Shirt, \$20; hm.com. Pants, \$129; talbots.com. Shoes, Ivanka Trump, \$135; nordstrom.com. (On Jeniese) Earrings, \$40; sequin-nyc.com. Necklace, \$94.40 (includes 20% discount using code REDBOOK920); moonandlola.com. Shirt, Ava & Viv, \$17; target.com. Sizes X to 4X. Belt, \$35; lanebryant.com. Sizes 14/16 to 22/24. Skirt, \$90; eloqui.com. Sizes 14 to 28. Shoes, \$79; smashshoes.com. Sizes 10 to 14.

redbook



ANGRY GUT?

You may have
Irritable Bowel Syndrome
(IBS)

If so, you are not alone.
1 in 6 Americans have it.

IBS Symptoms Include:
Abdominal Pain, Bloating,
Diarrhea, Constipation,
Urgency and Gas

Introducing **NEW IBgard®**,
a medical food for the dietary
management of IBS. In a clinical
study, **IBgard®** was shown to start
working as early as 24 hours*. It
delivers ultra-purified peppermint
oil quickly and reliably to the
small intestine – where it's
needed the most.



IBgard®
Calms the Angry Gut™*

Ask your doctor
about **NEW**,
nonprescription **IBgard®**,
now available
in the digestive aisle at
CVS/pharmacy and **Walgreens**

*Based on a randomized placebo controlled study in 72 IBS patients. Patients taking IBgard experienced a statistically significant reduction versus placebo in the total IBS symptoms score, including abdominal pain and discomfort, at 24 hours and at 4 weeks.

Results may vary. Medical foods do not require preapproval by the FDA but must comply with regulations. Use under medical supervision. The company will strive to keep information current and consistent, but may not be able to do so at any specific time.

Why are you so tired?

Yikes: We polled more than 1,000 women, and two thirds of them say they don't get enough sleep. Prop your eyes open and see if you relate.

THE **#1** THING KEEPING
YOU UP AT NIGHT:

67%

OF WOMEN SAY
IT'S HAVING TOO MUCH
ON THEIR MINDS!

REPEAT AFTER US:

OMMMM.

32%

OF YOU AGREE:

YOU'D GET BETTER
SLEEP IF YOU AND YOUR
PARTNER HAD

separate beds.

*Do we all just need a
better mattress?*

56

PERCENT

OF WOMEN GET
6 OR MORE HOURS OF
SLEEP A NIGHT,

BUT **93%** OF THEM
ARE USUALLY STILL

T-I-R... (SORRY, DOZED OFF) E-D.

65% SAY YOUR
IDEAL BEDTIME IS
9 OR 10 P.M.

BUT... **70%** SAY YOUR
**ACTUAL BEDTIME IS
11 P.M. OR LATER.**

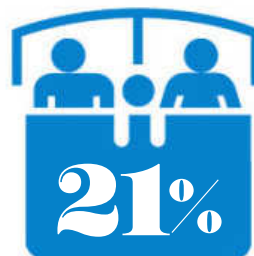
TURN OFF THE LIGHT, LADIES!

**33% OF WOMEN
ADMIT THEY'VE
FALLEN ASLEEP
AT WORK.**

CRAZY, BUT EVEN
MORE SURPRISING:

**12% OF YOU
HAVE FALLEN
ASLEEP
DURING SEX!**

**Don't blame
the kids**



of moms let their
little ones sleep with
them whenever
they want, but
**they're no
more tired than
the 45% who
never do.**

REASONS TO MAKE **Zzz's** HAPPEN

**IF YOU GOT
MORE SLEEP,
YOU WOULD...**

75%

"BE A NICER
PERSON IN
GENERAL."

63%

"BE MORE
PATIENT WITH
MY KIDS."

51%

"BE BETTER
AT MY JOB."

34%

"ARGUE WITH
MY PARTNER
LESS."

CAPRISUN.COM

FOR
AGES
BIG
AND
UP.

THEY'VE GOTTEN BIGGER.
THEIR CAPRI SUN HAS TOO.

CAPRISUN
**BIG
POUCH**
PUSHPLAY



“I WANT
MOISTURE
THAT LASTS –
AND LASTS.”

Ultra Moisture
Body Wash's rich
lather cleanses and
replenishes skin with
long-lasting moisture.

**Olay leaves 100% more
moisturizers on skin than
the leading body wash, for
superior moisturization** with
continued use. Your best
beautiful skin begins
in the shower.



Your skin transformation begins on Olay.com



YOUR BEST BEAUTIFUL™